



## Mary Gordon: Creating an Empathic and Emotionally Literate World



Mary Gordon is a social entrepreneur, author, educator, parenting expert, and is the founder/president of Roots of Empathy. Explore the importance of developing empathy in children today so they can build the world that they deserve.

**TOP EMBODIMENT TIP:** Listen to your inner voice. Listen carefully and non-judgmentally about what you think and feel, and then be able to listen to the people you care about.

### Context

- **We live in an emotionally illiterate society**, where people can't find the words to talk about their feelings, where they feel so isolated, because who you are is how you feel.
- We socialise little boys in this world to not be emotionally literate, to not express themselves. It's no accident that the number of suicides in the world and the number of people in prison is hugely dominated by men.
- There is more to living in this world than living alone inside. **Our success and happiness in this world include our ability to connect and have healthy relationships.**

### What is Emotional Literacy?

- Emotional literacy is the ability to **understand how you feel, the ability to talk about how you feel, to help read the emotional cues of another.**
- Emotional literacy is a foundational literacy of life. It's the first language we learn. It's a universal language. **It's the language of connection.** Our emotions are our high speed internet connection to one another.

### Why Create an Empathic and Emotionally Literate World?

- If you want to **bring your authentic self to the world** and to your relationships, you need to be able to understand yourself, to be able to talk to yourself, to be able to reassure yourself and share yourself with those you love.
- Your level of empathy will shape **how you will parent in the future, what kind of leader you will be, how you see yourself as a contributing member of society, what your entitlement is to happiness.**
- We need emotional literacy to **build a more caring, peaceful and civil society.** Empathy brings the heart and mind together and that is who we are.

### Resources

- ❖ **Website:** [rootsofempathy.org](http://rootsofempathy.org)
- ❖ **Instagram:** [@rootsofempathy](https://www.instagram.com/rootsofempathy)
- ❖ **Twitter:** [@rootsofempathy](https://twitter.com/rootsofempathy)
- ❖ **Facebook:** [facebook.com/RootsofEmpathy/](https://www.facebook.com/RootsofEmpathy/)
- ❖ **References:** Learn about Roots of Empathy: [BBC: People Fixing the World](https://www.bbc.com/news/health-45888888), Switzerland Roots of Empathy Research Study, Bern University: <https://youtu.be/BZHD5dO0kVg>



## Mary Gordon





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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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