



Katherine Train & Lidewij Niezink: Embodied Empathy Practices



Dr. Katherine Train and Dr. Lidewij Niezink are the co-founders of Empathic Intervision, a practical method with embedded empathy skills for interpersonal engagement, understanding and perspective. Explore practices that will give you an experience of noticing, recognizing and working with self in self-empathy, as well as connecting with others through kinesthetic and imaginative empathy.

TOP EMBODIMENT TIP: Empathy is not just thoughts and emotions; it involves the embodied perception and the experience of both self and other.

Empathy in Leadership

- Empathy is often assumed to be a '*head dominant*' activity, but it is very much a whole body experience; **we can make use of the whole body in order to empathize with others.**
- **Leadership works through emotions.** Researcher Daniel Goldman found that if we're able to drive emotions positively in the workplace, we can bring out the best in others; he called it **resonance**.

Five Empathy Skills

- **Self-empathy:** drawing your own attention to your own experience
- **Kinesthetic empathy:** the ability to connect with the movement and the body experience of other people
- **Reflective empathy:** an intensified listening exercise which embraces both literal and advanced reflective dialogue
- **Imaginative empathy:** using imagination and acting in order to identify various perspectives
- **Empathic creativity:** harvesting the insights that you've gained and converting those into actionable outcomes

Self-Empathy

- All empathy starts with self-empathy; **we need to have self-empathy in order to empathize with others.**
- Self-empathy is **not to be confused with self-compassion**. Self compassion is about being kind to ourselves, while self-empathy is about seeing our own biases, feeling how that is processed in our body, and how we respond to it.

Kinesthetic Empathy

- **Shift attention from the self** that we've been getting into through self-empathy **back to the other** or the group.
- Connects us with others and helps us **become aware of the influence we might have** in the space between people.
- The ability to **hold space as the other person needs** without trying to change, interfere with or judge them.

Resources

- ❖ **Website:** empathicintervision.com



Katherine Train & Lidewij Niezink (Empathic Intervision)





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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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