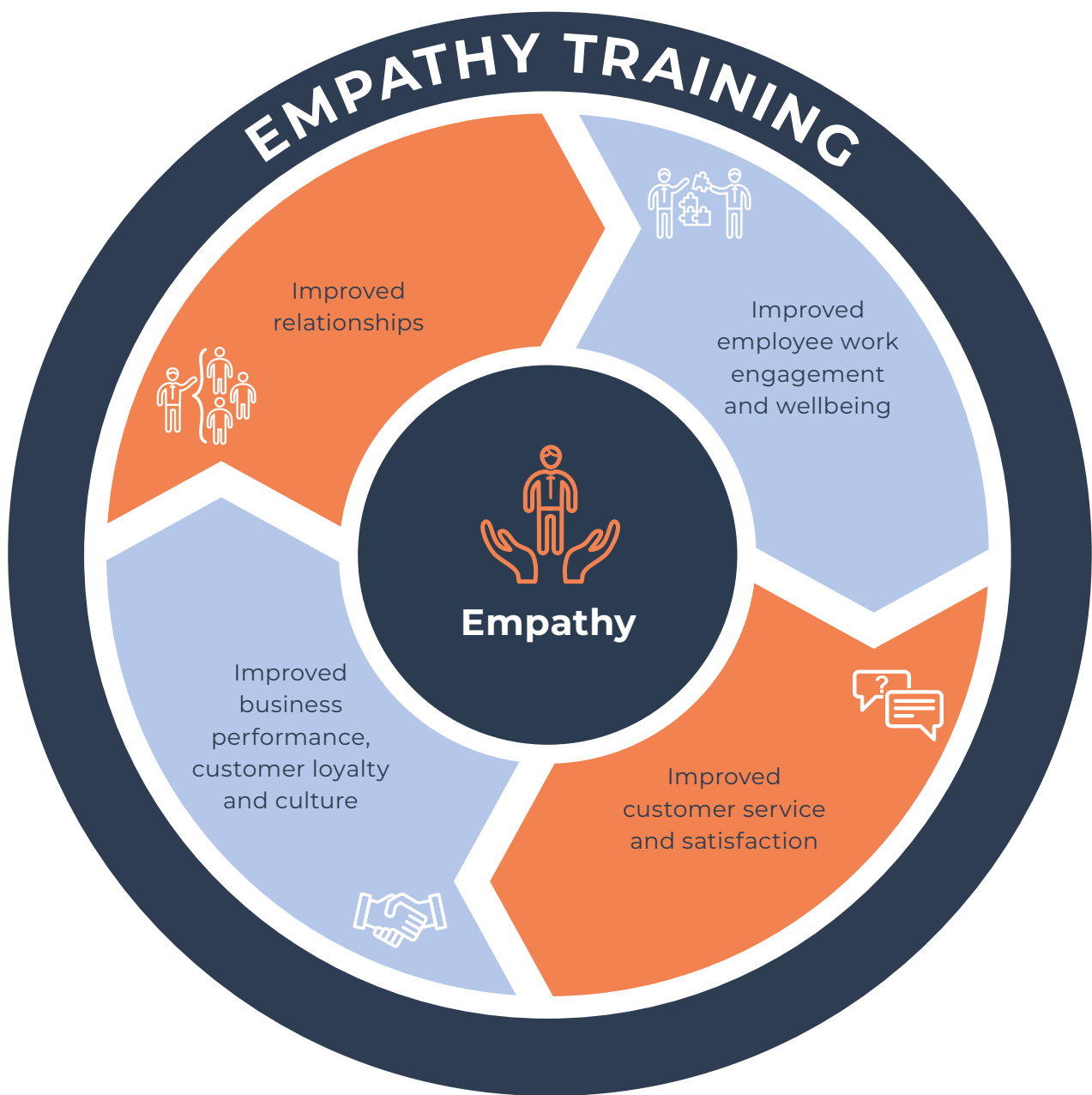


# EMPATHY FIRST

**Our mission is to create a world where everyone feels heard, valued and visible.**

Empathy is an attribute and tool to improve human connection, strengthen relationships and improve health & wellbeing.

Empathy First offers Empathy Training that enhances leaders' and employees' ability to use empathy when communicating with others, leading to positive impact on employee wellbeing & retention, customer service, business performance and organisational culture.



**Next steps – Enquire about Empathy Training:**

[leanne@empathyfirst.com.au](mailto:leanne@empathyfirst.com.au) · [www.empathyfirst.com.au](http://www.empathyfirst.com.au)

Our theory is informed by research such as Jonsdottir & Kristinsson (2020); Holt & Marques (2012); Riess (2021); Yu, Berg & Slateg (2021); Rini (2020); Wieseke, Geigenmuller & Kraus (2012).

Our work supports the Sustainable Development Goals (SDG) 3, 8 & 16

