

Chapter 2 Reflection Questions: Fostering Empathy and Positive Growth

Understanding Your Empathy Style

1. When have you felt most deeply connected to a teacher's experience? What made this possible?
2. What situations tend to challenge your capacity for empathy?
3. How do you currently balance empathy with professional boundaries?

Applying Empathy in Practice

4. Which teachers do you find easiest to empathize with and most challenging to empathize with? Why?
5. How might your own teaching experience help or hinder empathetic understanding?
6. What signs tell you a teacher needs more empathetic support?

Growing and Developing

7. How could deeper empathetic understanding transform your challenging coaching relationships?
8. What aspects of empathetic coaching would you like to strengthen?
9. How will you maintain your own emotional well-being while supporting others?