



PARTNER Huddle Series

THIS WEEK'S
Huddle Topic

Improve your Empathy: Learn to use the 1-10 Check-in Tool

Activity



PREPARATION TIPS
Read through the Huddle
before facilitating.

1. **Say:** "Empathy is a tool we use to do our job, and it's powerful because it connects us to others."
2. "Empathy is the ability to share another person's feelings and emotions without that person stating what they are feeling."
3. **Say:** "For example, let's say a resident seems tired and uninterested in talking. Using your empathy, you can begin a 'check-in' conversation."
4. **Say:** "Start by asking the resident 'How are you doing on a 1-10 scale today? How can I help you get higher to a 10? Now the scale works like this: 1 is low and 10 is high. 5 is in the middle. If I ask you how you are doing on a 1-10 scale, and you say a 3, that is a low number. If you are at an 8, that is a very high number.'"
5. **Say:** "Let's try it now! This is called the 1-10 Check-in Tool. Choose a partner. Make a group of three if there is an odd number of people. Take turns asking each other how they are doing today on a 1-10 scale with 10 high. Then ask what you or the person could do to get them closer to a 10."
6. **4. Ask:** "How does knowing a person's current number build your sense of empathy?"

Huddle Content

In this Huddle we are combining Active Listening with the 1-10 Check-in Tool to help us understand others better.

- ☑ Where could you use the 1-10 Check-in Tool with partners?
- ☑ Where could you use the 1-10 Check-in Tool with residents?

Culture Connection

Our Creed supports using empathy to build relationships: "Successful mp-partner-huddle-meaningful relationships, spiritual growth and a sense of wholeness."

We Need Your Feedback!

Partner Spot Survey **What you think matters to us! May 22 to June 2**
Scan QR code now and complete this survey.

Quote

"An exchange of empathy provides an entry point for a lot of people to see what healing feels like."— *Tarana Burke*

WOW Moment

Who has a WOW moment to share?

Reminder-Wow's come in small, medium, and large sizes!



This QR code will take you to
the Partner Spot Survey.

