



Canada's

Healthy Workplace Month

healthyworkplacemonth.ca

Leading with Empathy

Leaders who demonstrate genuine empathy have a profound impact on their teams and workplace culture.

DID YOU KNOW?

Research shows that 76% of employees with highly empathetic leaders report being engaged at work, compared to only 32% with less empathetic leaders. Empathetic leadership not only boosts engagement but also encourages innovation, reduces burnout, and fosters a more inclusive and supportive environment where everyone feels valued and understood. By leading with empathy, managers help employees navigate stress and change, ultimately fostering trust, enhancing well-being, and promoting organizational success.



DAILY YOGA POSE

Lotus Pose (Padmasana)

Lotus Pose (Padmasana) is a grounding and expansive seated posture that encourages calm, mental clarity, and emotional balance—qualities essential for leading with empathy—by helping you manage stress, cultivate inner stillness, and create a strong foundation for truly listening to and supporting others.



DAILY MOTIVATION: MUSIC TRACK



"Lean on Me" - Bill Withers

"Lean on Me" is a timeless anthem of empathy and support, reminding us that true leadership means being there for one another, especially during challenging times—a message that perfectly embodies the spirit of leading with empathy in the workplace.



PRO TIPS FOR THE WORKPLACE

Empathetic leadership is demonstrated through everyday actions that show understanding, respect, and genuine care for your colleagues.

- Listen actively without interrupting, showing genuine interest in your colleagues' perspectives.
- Ask colleagues, "How can I support you?" to demonstrate your willingness to help and understand their needs.
- Validate feelings rather than dismissing them, letting others know their emotions are seen and respected.

Action:

Perform one act of kindness today to help create a more empathetic and supportive workplace.

DAILY RECIPE



Empathy Energy Snack Mix

1 cup unsalted mixed nuts

½ cup dried cranberries

½ cup dark chocolate chips

½ cup pumpkin seeds

¼ cup coconut flakes

This snack mix blends diverse flavours, just as empathetic leaders unite different strengths to support and energize their teams.

INSPIRE AND REFLECT

Inspiration of the Day

"Leadership is not about being in charge. It is about taking care of those in your charge." - Simon Sinek

Daily Affirmation

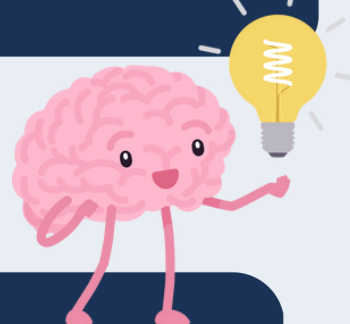
I lead with kindness and understanding.

Mental Health Challenge

Send a message of encouragement to a teammate.

Reflection Question

How can I show more empathy in my workplace?



Resource of the Day:

Elephant in the Room Campaign

Show your commitment to leading with empathy by joining the Elephant in the Room Campaign. By displaying the blue elephant symbol in your workplace, you signal that it's a safe and supportive space where everyone can discuss mental health openly without fear of stigma.

Your Logo Here

