

The Power of Empathy and Humility in the Workplace

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Great things and excellence at work will be accomplished if the environment cultivates kindness towards one another. The employees will work together hand-and-hand and the target deliverables every day will be achieved with utmost standards.

In fast-paced working conditions where stress is possible, instead of reprimanding an employee regarding the task that is not being accomplished, ask them “What happened to you? Is there anything that the Office can help you with?”. This will turn out the best way to approach the employees as empathy will be practiced and kindness will be spread all throughout the working environment.

To begin with, what is empathy anyway?

According to the New York Times titled “How To Be More Empathetic?”, empathy is the ability to comprehend how others feel and being compassionate to each other. It occurs when two parts of the brain commit to working with each other. Neuroscientists claim it happens when the emotional center perceives the feelings of others resulting in understanding how people behave and react in certain situations.

It simply means putting one’s self in the shoes of others to better grasp their situation. Instead of immediately putting biased judgment in their situation, it is better to discern the situation and how the employees behave in particular ways.

Oftentimes, particularly in office work settings, people are stressed out particularly if the bulk of assignments seem impossible to accomplish. Sadly, admit it or not, due to stress and burnout, employers sometimes reprimanded their employees for not doing their work very well. Instead of reacting, try meditating and be reasonable to understand the questions; that is the proper way to create safe spaces for all employees to give their best because they feel valued and loved by their managers.

Studies have shown that the constant practice of empathy in the workplace creates better managers and workers. However, it is a bigger picture than just its effect as the connection is significant to cultivating a humane working environment.

So, the other question will be “How to Establish a Good Connection to People?”

The great secret will be through humility. In the article titled “What is Humility?” by Positive Psychology, humility is defined as not weakness or meekness, but a powerful tool to use in our everyday life to learn best in any situation. The article claimed that through humility, people can see themselves clearly and not be above others but recognize authority and be humble to the people whom they are dealing with.

The practice of humility can be linked in the employment of empathy in the workplace. People cannot be able to relate to one another and empathize with the situations of others if they are always thinking that they are above others. Likewise, there will be no better working relationships if the workers think that they are above each other. It will greatly affect productivity and soon it creates great chaos at work.

On the other hand, one should admit that they made mistakes at work. To correct those mistakes, they must admit it first. That way, the managers with their subordinates will be able to find out the root causes of everything. Instead of believing that their work is always correct, they have to try seeking out the approval of their manager and be guided accordingly on how the tasks must be accomplished.

Humility and empathy are two practices that should be inculcated in all employees. Through these two human superpowers, they are creating a better working environment where excellence at work will prosper and negativities will be avoided.

Imagine that there were employees who constantly made mistakes at work. Since these employees were not humble enough to admit that they are wrong and think that they are much better than anyone, the deliverables of the office will highly be affected. It will slowly crumble the good relationships in the office and there will be silent wars that can be felt in the work. Hence, it will surely affect how the managers or bosses will behave and certainly, they will forget to practice empathy since these employees think highly of themselves. In return, the bosses will get angry and not be able to react accordingly.

It is therefore necessary to be humble at work; to admit that they made mistakes and are willing to correct it in any possible way. Thus, through it, the top-level management will be understandable and kind towards their employees and they will help them grow and thrive in the workplace.

Always practice humility and empathy. These two will enable them to foster a motivating environment where everyone will succeed and be recognized. When everyone is happy in the workplace, the targets of the office will be accomplished immediately and excellently. In return, excellence and quality at work will be achieved as employees will be more focused on their work, thinking that they have to give their best because they are deeply cared for and loved by their superiors.

In a world where one could be anything with various job positions, choosing kindness, humility, and most of all empathy is significant. This will always bring results in all areas of life. With these two personal strengths, they can transform their workplace and be good government employees that adhere quality and excellent services to others.

Cited Literature

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