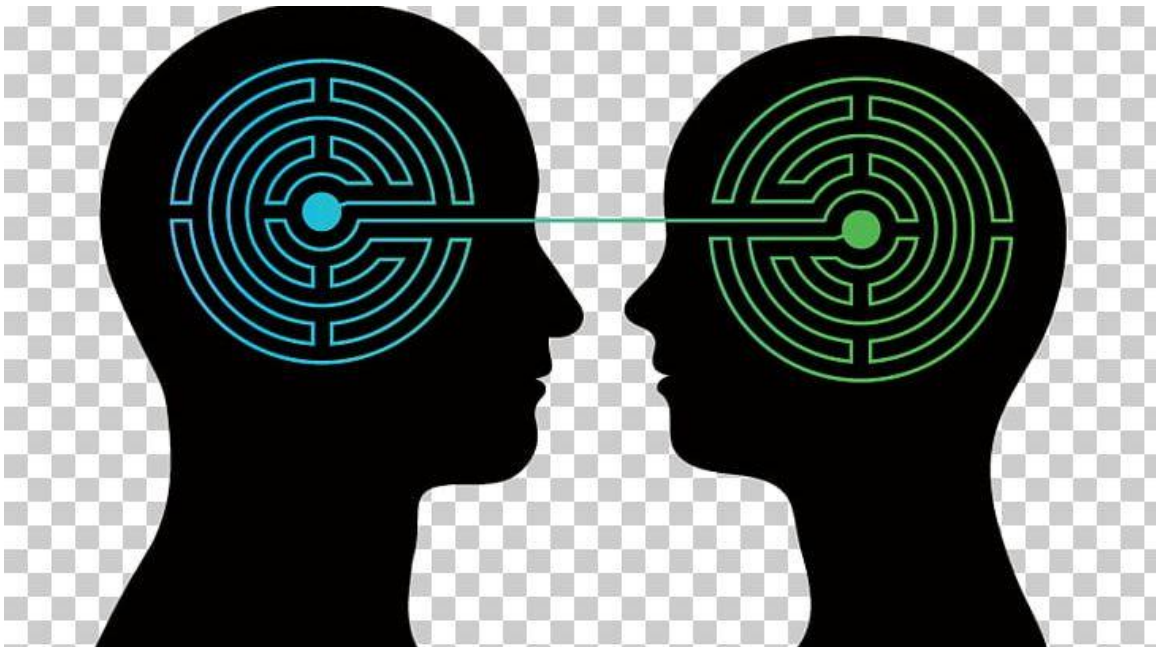

WEBINAR

*Empathy & the Brain: How to connect with people
Better and Faster*



Optimal HR
Group

Webinar: “Empathy & the Brain: How to connect with people Better and Faster”



A major, if not THE major, keyword emerging from the pandemic and the lockdown is Empathy. However, although almost everyone suggests that greater empathy would lead to a better response during the pandemic and a better world after the pandemic, very few capture accurately the true meaning and complex characteristics of empathy.

In this webinar, Dr Nikolaos Dimitriadis presents the neuroscience of empathy, how we connect to other people and what we can do to improve it. He will explain the role of empathy both to leadership/HR and to marketing/sales and he will deliver specific recommendation for boosting and connectivity.

Webinar Goals

Participants will:

- ✓ Understand the current Empathy Deficit in western societies and what causes it
- ✓ Appreciate the importance of empathy for a healthy emotional and mental life
- ✓ Explore different types of empathy and discover what blocks them
- ✓ Learn actions that increase empathy in both your personal and professional life

Webinar Contents

- The rise of AI and Robotics, and what it means for the future of human connectivity
- The role of the COVID-19 pandemic in calling for more empathy
- Cognitive, Emotional and Behavioral Empathy in the brain and at work
- Empathy in Business, Education, Politics and everyday life.

Webinar lasts 2 x 60' and will be performed through the zoom platform