

Empowering Care

Empowering in a professional capacity involves:

- ◇ Listening with interest
- ◇ Empathizing with hope
- ◇ Believing in the person

Empowering

- ◇ Promotes the realization of another's potential or influence
- ◇ Enables, gives power, means, competence or ability
- ◇ Equips, makes possible or easy

Listen to Empower

Listen with interest by asking appropriate questions

- ◇ Asking questions shows that you care enough to want to know more.

Maintain eye contact to show you're interested and that you truly care



- ◇ Eye contact enables the listener to see what the speaker's face is saying.
- ◇ Reading visual information from the speaker encourages engagement and makes it harder to be thinking about other things.

Simply caring can strengthen the speaker's awareness of their potential, abilities and authority to bring positive change.

Take Time

Taking the time to listen and focus on what is being communicated

- ◇ shows interest and care for person speaking
- ◇ gives them a sense of value and importance

Keep interruptions and change of topics to a minimum and not in the middle of a conversation.

Rushing someone says you're not important

If you have to rush e.g., you're trying to help someone get into the car so you can be on time to an appointment, respond to what's been said, then ask if it's okay to continue the conversation in the car. This shows that you truly do care even though things have to get done.

Taking time to listen can help the speaker realize their importance and ability to be a positive influence in their situations.

Empathy and Its Cousins

Empathy – identifying with or vicariously experiencing the feelings, thoughts, or attitudes of another without similar experiences:
Rejoice with those who rejoice; weep with those who weep. (Romans 12:15)



Sympathy – sharing feelings, thoughts, or attitudes of another due to similar experiences; being in agreement with, loyal to something, to sympathize with a cause



Compassion – understanding of another's pain or struggle and the desire to somehow ease that pain or struggle



Empathize with Hope

Empathy, sympathy and compassion each have their place, but
empathy with hope empowers!



Use words, facial expressions and tone that conveys genuine empathy with hope and expectation of good

- ◇ Identify with the feelings, thoughts, experiences of the speaker
- ◇ While keeping the speaker's potential and influence in mind



Empathy with hope communicates through words, facial expressions and tone, "That's tough, but you will make it through this!"

Or

"That's great! You're so good at, and you bring"

Believe in the Person

Believing in a person is empowering!

Belief in someone is:

- ◇ seeing their potential
- ◇ giving power, means, competence or ability
- ◇ equipping, making possible or easy

Empowering care listens, empathizes and believes in the person, saying, “You are strong and powerful! I am here here to support you. What are some things you can do about this?”

Dreams and Trains ...

I had a dream a few years ago, and it was very empowering because it felt like a picture of what I was fully capable of doing. I see and feel the same confident ability in Compass no matter how big we grow :)

In dreams, homes often represent our lives and vehicles represent ministry. In my dream, I heard a train coming, so I flipped a switch, moved my dining room table, picked up the rug, and lifted the lever to let my house split apart. The train ran through my house, bells, whistles, loud rumbling and all, and when the last of it had gone with no baggage left behind, I lowered the lever to bring my house back together, put the rug back down, moved my dining room table back into its place and flipped the switch. All in a day's work, and no one would have guessed I had just had a train run thru my house.

A Refresh Station

The dream felt like a confirmation and picture of how to be a rest/refresh station for people as they come through. Empathy with hope has faith that there are always positive possibilities.

Listening and empathizing with hope sets people up to move forward encouraged and empowered.

