



# Conquerin g Empathy

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**From Within to Up  
in the Skies**

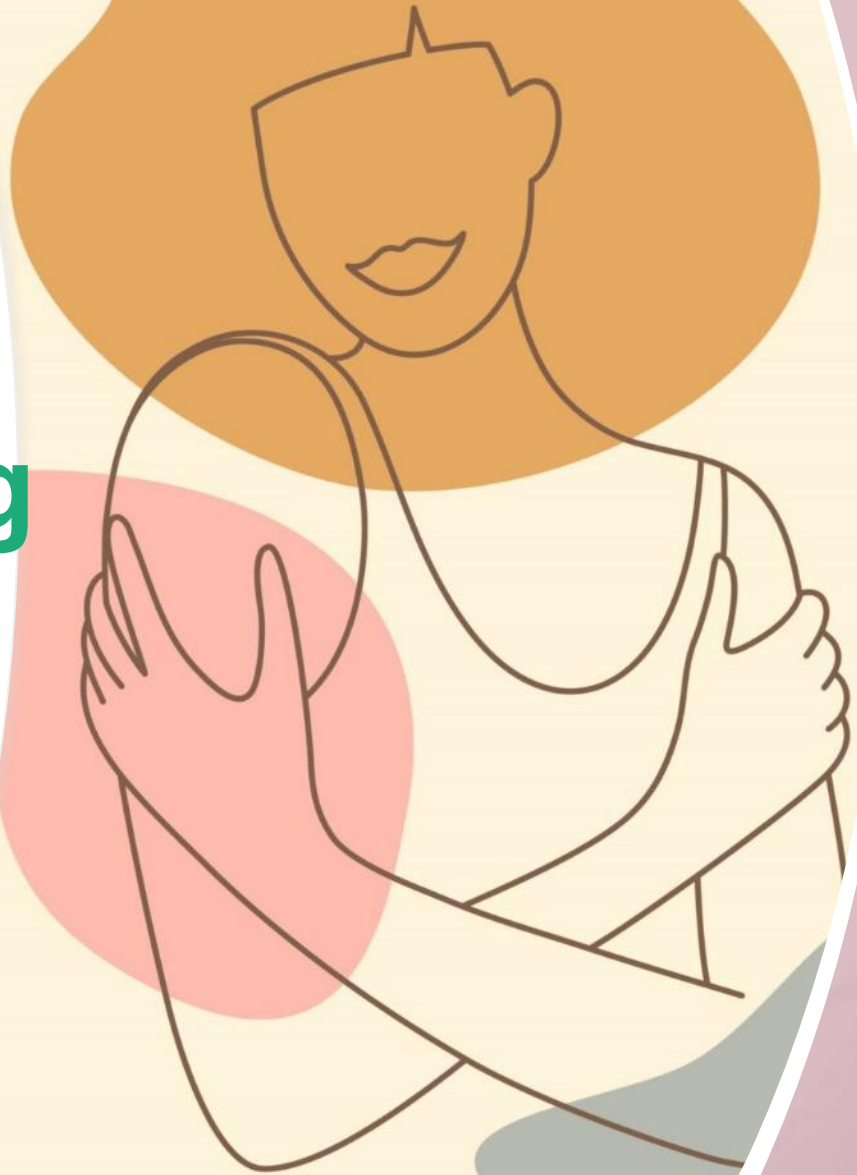




# Understanding Empathy

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In your own  
shoes first





# Carl Marx's Theory of the 4 Major Alienations

1. Self
2. Relationship
3. Work
4. Environment



# Importance of Connecting with Self

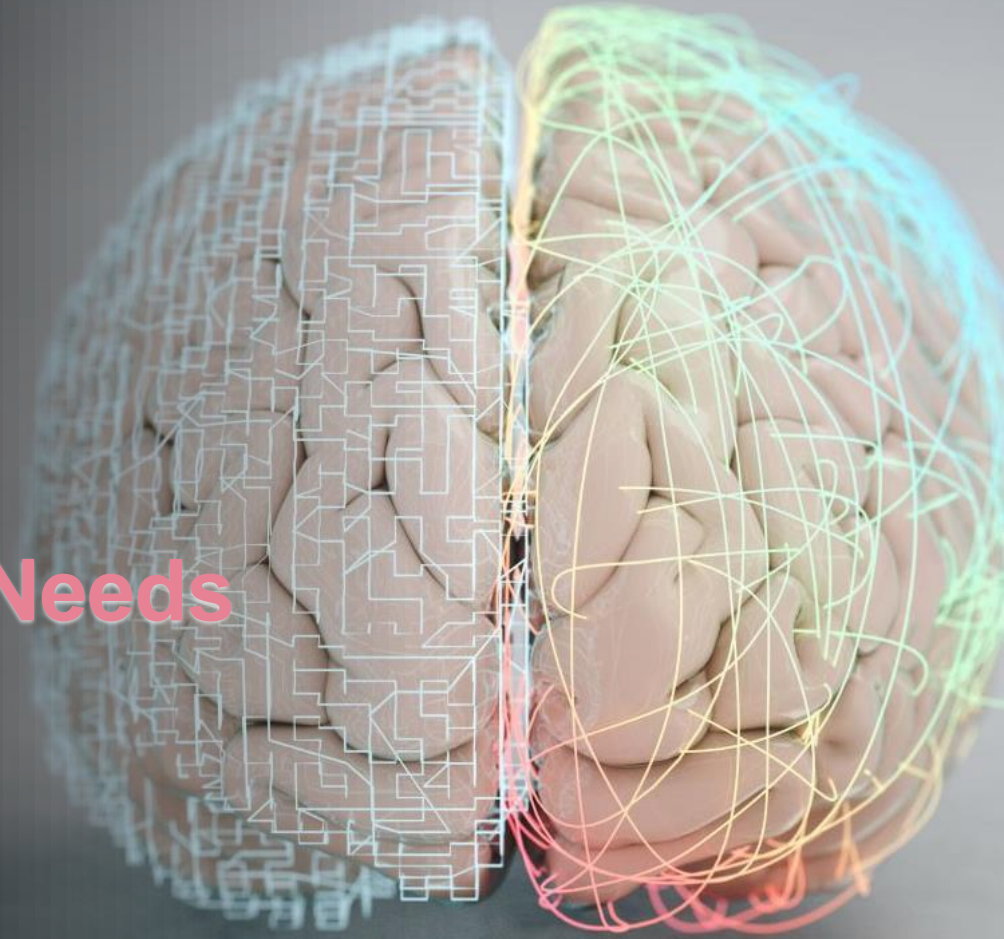
A composite image showing several hands of different skin tones reaching up from the bottom and sides to form a heart shape against a light background. The hands are positioned to create the outline of a heart, with fingers pointing towards the center.

Awareness  
Acceptance  
Compassion

# Empathy and Mental Health

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- Improved Awareness of Emotional Needs
- Reduced Stress and Burnout
- Enhanced Team Collaboration
- Improved Workplace Satisfaction
- Customer and Passenger Satisfaction



# Strategy for Cultivating Self- Empathy

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IOS Upgrade