



# Conquerin g Empathy

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**From Within to Up  
in the Skies**

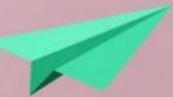
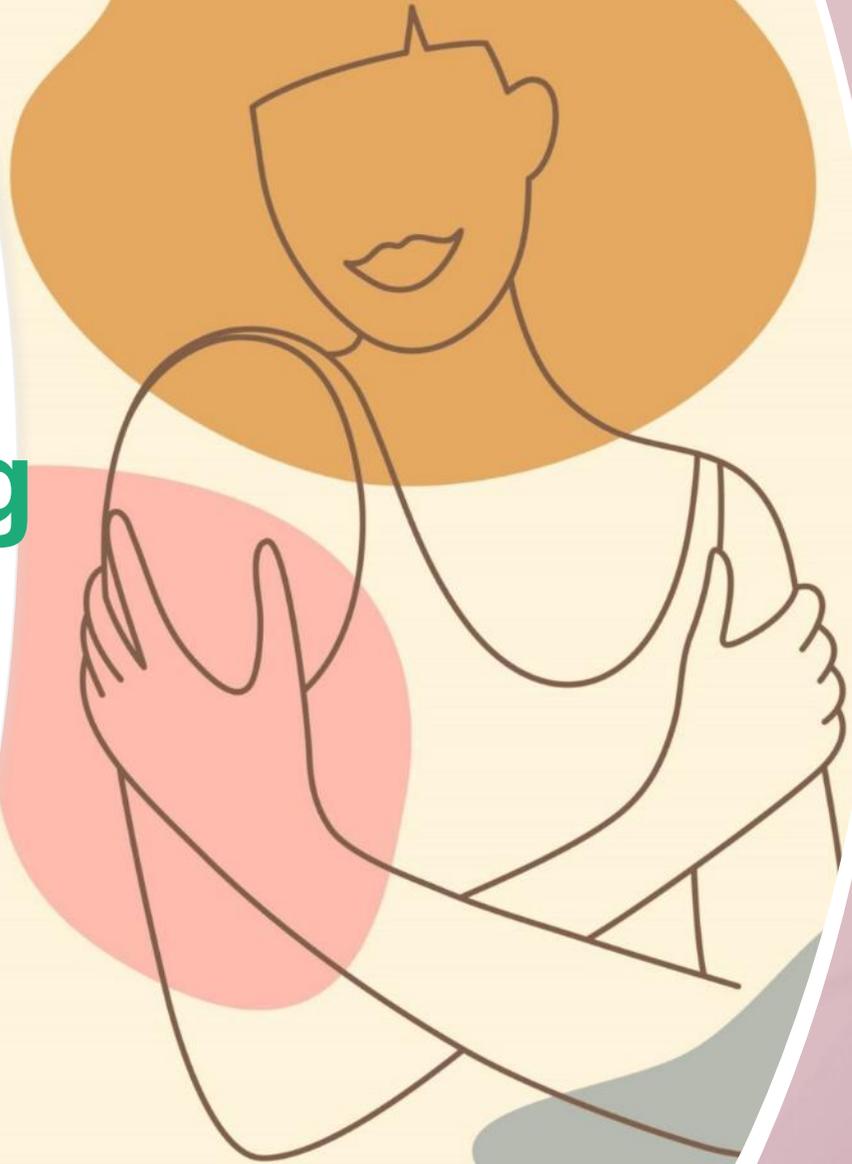




# Understanding Empathy

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In your own  
shoes first





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# Carl Marx's Theory of the 4 Major Alienations

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



**Importance of  
Connecting  
with Self**

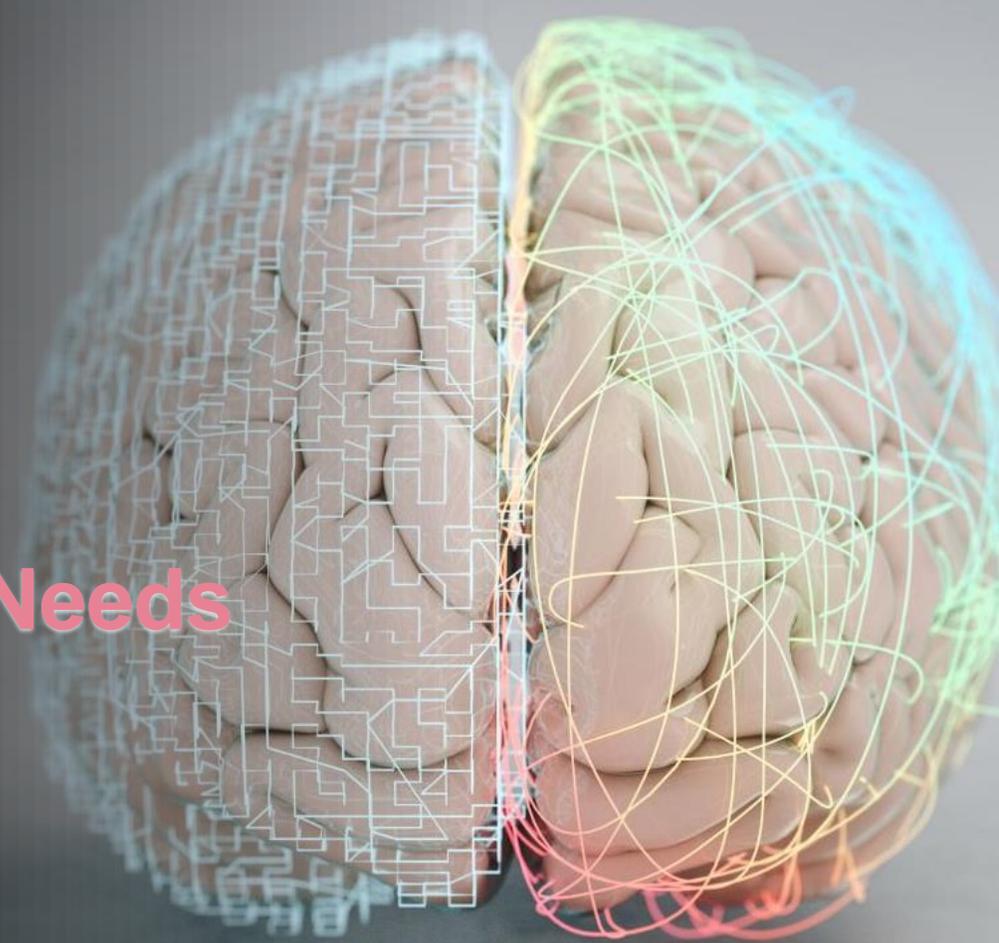
Awareness  
Acceptance  
Compassion

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# 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