



A Message from Iben Sandahl

"Empathy doesn't need to be complicated. When boiling the concept down to its essence, it is all about the need to be together in a way so that our human potential can unfold. If we are together in an unhealthy way, the potential cannot be realized. This is why the teacher's role is so vital to each student and must accommodate all elements of the teacher's full potential too.

Empathy is not just a theory; it is a way of being. It is a practice. With the Sandahl model, the workshop will leave the trainers in an emotionally grounded state, where they, in a natural way, can apply new tools to practice empathy in the future. This is where real change takes place.

It sounds easy, and it can be. It will most likely require a great sense of flexibility and independence from each teacher, with the opportunity to experiment with the empathetic model that suits the individual. No teacher is alike, but we all have the prerequisites for being empathetic. Different things can stand in the way of a healthy way of being together, unfortunately. You might have lost your sense of purpose in life amidst the stressful everyday life you are living. Perhaps you have many bad experiences with you from the past, showing up in the strangest ways as triggers while teaching. Maybe you are just sensing turmoil and conflicts on the home front, or your day of work is characterized by poor management and stuck old dogmas, distressing colleagues, and impossible children. Whatever you bring with you into the classroom, it has a significant impact on the degree of empathy you are meeting the students.

The Sandahl model, "Empathy – a way of being. From obedience to empathic responsibility, "is built upon 5 essential themes, each theme with several sub-topics, which lay as the foundation for teachers to teach empathy. For you, as a teacher, to teach students empathy, these five themes contain that you must be ready to look at yourself to find your motivation and inner grounding. You must also obtain knowledge of the relationships and be able to apply them in practice. In the school context, you often collaborate with multiple units around the student, where an empathic approach can positively influence the student's learning. Those prerequisites are needed to ensure an excellent atmosphere for empathy to take place, also in difficult and challenging situations to meet rebellions with understanding and kindness - while fostering empathetic and responsible children.

The five-day workshop consists of theoretical presentations, practical exercises, and essential discussions where you will gain insight into empathy while looking at yourself and the responsibility as a role model for each student who comes across you." *Iben Sandahl*