

Barriers to Practicing Empathy

I want you to think of two possible barriers to utilizing empathy in the workplace (it can be internal (something related to the individual in question) or external (something about the organization itself)).

Question

Name two barriers to using empathy in the workplace.

Your answer

- Leadership style (narcissistic leaders are naturally missing empathy)
- A leader's anxiety (employees notice subtle emotional cues that the leader is anxious.. they become anxious)
- Not enough time (building relationships can take time..i.e., there may not be time to listen to others)
- Lack of support from colleagues (is it possible to be the only empathetic person in the organization?)
- Emotions (showing empathy) and leadership don't mix
- Leadership is not about relationships but action.
- Specifically, in regards to negotiation, compromise, conflict resolution
- Compromise is seen as a loss to some leaders.
- Negotiation or compromise may be perceived as unmasculine.