Group Meeting
Empathy and Boundaries
Agenda

1. One-to-one review
2. Empathy video and reflection
3. Boundaries brainstorm
4. Boundaries discussion
5. Boundaries reflection
Outcomes

By the end of the All PAL peer mentors will be able to:

- Use empathy in one-to-ones and workshops
- Set clear boundaries in one-to-ones and workshops

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Business

• Please send your workshop files to the learning specialist directly
How are you feeling about one-to-ones?

• They have started

• Review structure: Beginning, middle, end

• Any questions?
Empathy

What is Empathy?

Brene Brown, 3:00 min

https://www.youtube.com/watch?v=1Evwgu369Jw

Brene Brown, Wikimedia Commons, BBeargTeam, CC BY-SA 4.0
Empathy Reflection

• One-to-one
• Think about how you can show empathy in a one-to-one and a workshop.
• Turn to your partner and let them know your thoughts
• Share with your table.
Brainstorm: What are boundaries?

• Split into two groups
• Answer the following questions:

1. What are boundaries?
2. What kind of boundaries are there?
3. Why do we need boundaries?
4. Why is this important for peer mentors?
5. Give three examples of boundaries being crossed.
How to Set Boundaries

According to Resiliency Champion Guide:

1. Identify limits (emotional, physical, mental) when do you feel uncomfortable and/or stressed
2. Pay attention to the way you feel: do you feel discomfort, resentment, guilt. Why?
3. Give your self permission to not be ok with something
4. [Be clear and specific.]
Reflection