



## Empathy in action

We all have bad days. Leadership isn't just about fixing problems—it's about recognising when someone might need a kind word or a moment of understanding.

This week, practice proactive empathy. **Look for nonverbal signs that someone might be struggling and offer them time or space to talk.**

Ask yourself: What would I want someone to notice if I were in their position? The ripple effect of one moment of empathy can transform team morale.