

Empathy, Activity 6 – It’s not about the Nail

Activity type: Experiential

Learning goals: Through this exercise/video, participants will see that often the biggest mistake we make is we try to “fix” or “solve the problem,” rather than empathize with our partner.

Specificities: Individual or group activity

Duration: 20 minutes

Material needed: The video “[It’s not about the nail](https://www.youtube.com/watch?v=-4EDhdAHrOg)”

Instructions:

Watch this short video “It’s Not About the Nail” and then discuss in group on your experience.

Video: <https://www.youtube.com/watch?v=-4EDhdAHrOg>

Questions for reflection:

What is the moral of this video?

What are your feelings and thoughts emerged?

Can you bring in mind a case where you acted like the man in the video?

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Useful notes for the trainer:

Explain to trainees that they will watch a video first and then come back in group to discuss upon their experience.

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