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PSL Programme — Personal, Social and Learning-to-Learn Competences

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C. Reading Material

Reading: Empathy & Positive Relationships

Empathy means:

- recognising emotions,
- understanding different experiences,
- and responding with respect and understanding.

Empathy can help strengthen:

- communication,
- collaboration,
- trust,
- emotional wellbeing,
- and supportive relationships.

Interpersonal awareness includes:

- recognising how communication affects others,

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- listening actively,
- and understanding different perspectives.

Positive communication involves:

- respect,
- patience,
- understanding,
- and active listening.

Everyone experiences life differently.
Recognising and respecting these differences helps create:

- stronger relationships,
- inclusive environments,
- and supportive communities.

Empathy and communication skills are important in:

- family life,
- education,
- work,

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- and everyday social interaction.

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