



**Empathy:  
avoiding prejudice, anti-bullying,  
anti-harrasment and promoting self-  
esteem**

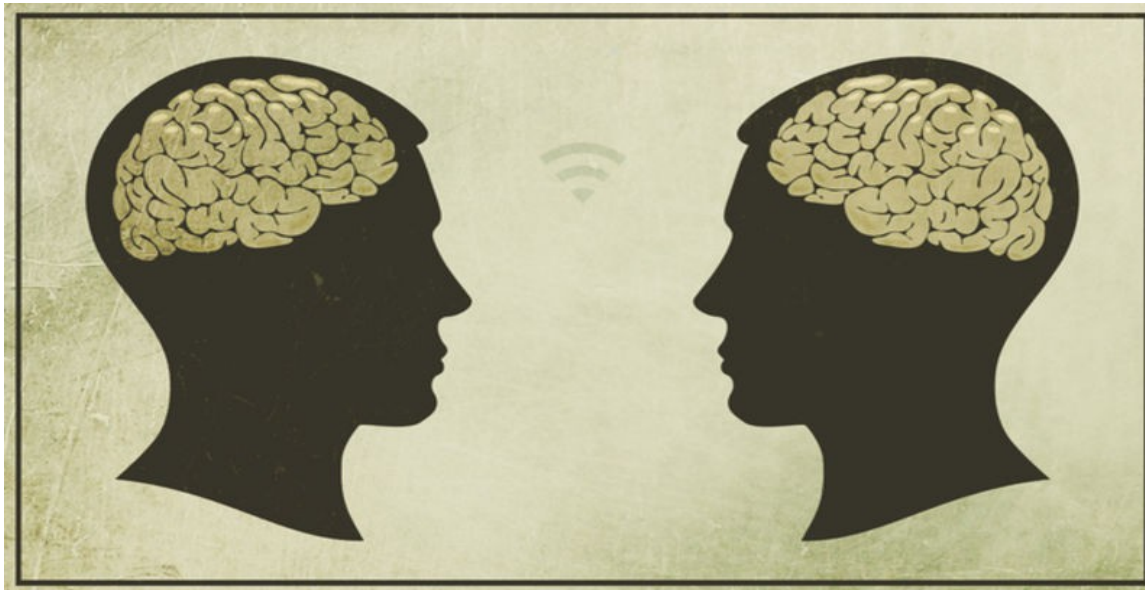
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Katholiek Onderwijs Geel-Kasterlee v.z.w.



**KOGKa**

- Life Skills
- Empathy
- Learning to live together



# Life Skills

- Critical thinking and creative thinking
- Decision making and problem solving
- Communication skills and interpersonal relations
- Coping with emotions and stress
- Self-awareness and empathy

"If you want to go fast, go alone. If you want to go far, go with others."

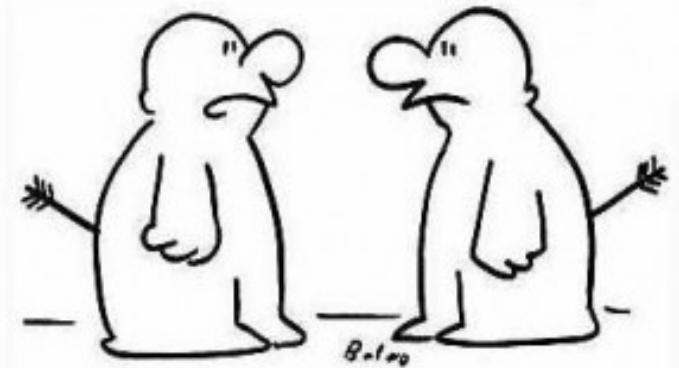
African proverb



# Empathy

What is empathy?

- The ability to identify with or understand another's situation or feelings.
- It's a distinctly human capability.



"I know exactly how you feel."

KOGEKA GEEL - KASTERLEE

# Empathy

## Empathy or Sympathy?

- Empathy is not the same as sympathy.



# Learning to live together (LTL)

**"You'll miss the  
best things if  
you keep your  
eyes shut."**

Dr. Seuss

# Learning to live together (LTL)

Through **life skills education** & improving **interpersonal skills**

- empathy, avoiding prejudice

**“PREJUDICE IS A GREAT  
TIMESAVER. YOU  
CAN FORM OPINIONS  
WITHOUT HAVING  
TO GET TO THE FACTS.”**

- E.B. White  
17 Feb 2013 8:38 pm



# Learning to live together (LTL)

Through **life skills education** & the promotion of **individual well-being**

- How do others see you?
- How do you react?
- Recognising your own strengths, weaknesses and personality traits

→self-awareness and self-esteem, self-control





# Learning to live together (LTL)

Through **life skills education** & improving **health related life skills**

- Bullying                      anti-bullying
- Harassment                      anti-harassment

