

Inclusion. Compassion. Empathy.



ABOUT DR. CROWE

Empathy Bootcamp founder Dr. Kelsey Crowe helps you show up for others in hard times. Her work has been featured on NPR, CNN.com, Forbes, Salon, Slate, and elsewhere. Her book *There Is No Good Card for This* was described by BuzzFeed as one of seven things to buy to change your life, and by author Liz Gilbert as “A crash course in humanity that none of us got to take in school”.

The pandemic has elicited the need for institutional transformation including how to support hard conversations with resolutions, enhance collaboration within and across teams, and foster more inclusive environments. How do we cultivate this change? Dr. Crowe’s Empathy Bootcamp

illuminates what “to do” or “say” when loved ones or colleagues hit emotional turmoil. In her talks, Dr. Crowe shares research and practices that reveal an ironic truth: how empathy for others in their time of difficulty leads to personal experiences of empathic joy and resilience. Her workshops have been presented throughout the country and are being researched by scholars for their long-term impact on empathy and positive communication.

Her talks help make empathy actionable and less stressful to give.

OTHER TOPICS CAN INCLUDE:

- How to Keep Stressors from Becoming a Mental Health Crises
- Applying Empathy in Matters of Difference
- Empathic Listening Skills for Non-Therapists

During her empathy keynotes, Dr. Crowe shares research-backed tools that foster human connection, which are also rooted in her personal experience growing up with her mentally ill mother. She received her PhD in social work from the University of California, Berkeley and currently resides in San Francisco.

TESTIMONIALS

“Taking this course was like wearing prescription glasses for the first time.

– Jen Taylor, California Department of Education

“This work is incredibly honest and powerful – it gives us a way to talk with each other that allows us to be more fully ourselves.

– Karen May, Vice President of People at Google

“This workshop allowed us to go into our fears and strengths around how we care for others both personally and professionally. It helps all of us bring more of who we are to the world.

– Naomi Hoffer, UCSF Program Manager Helen Diller Comprehensive Cancer Center

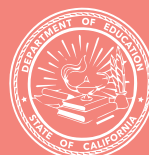
HAVE QUESTIONS?

Learn more about our Empathy Bootcamp Trainings at training@empathybootcamp.com

Past Training Clients:



COLUMBIA
UNIVERSITY



Stanford

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