

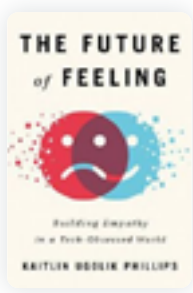
MEETING IN A BOX

The Future of Feeling

Building Empathy in a Tech-Obsessed World

The more digitalized our lives become, the more we risk losing the ability to maintain genuine human connections. We often blame technology for stunting people's ability to empathize. But what if the same technology that created the empathy problem can also help solve it? Journalist Kaitlin Ugolik Phillips explains how a growing movement of teachers, futurists, engineers, social scientists, journalists and others are trying to do just that.

“The creators of the next generation of tech have an unprecedented opportunity to change the trajectory, and many see empathy as the key.”



- **Step 1:** Have your team read the getAbstract summary of [The Future of Feeling](#). To access the summary, click on the book cover.
- **Step 2:** Schedule a meeting with your team to discuss the questions below.
- **Step 3:** Have a discussion with your team.

Kaitlin Ugolik Phillips, *The Future of Feeling*

Discussion Questions

1. The author cites research on how technology undermines people's ability for human connection. Do you have examples from your own life?
2. In what ways are social media and constant connectivity affecting your sense of well-being?
3. Do you share the author's optimism that technology can be part of the solution for teaching people empathy?
4. What examples of using technology for empathy education stand out to you as the most promising ones?
5. What kind of workplace empathy training would you deem the most effective?

Additional resources:



JOURNAL INTERVIEW
“Empathy Is One of the Most Incredible Superpowers.”



JOURNAL ARTICLE
Emotional Intelligence in Leadership



CHANNEL
Emotional Intelligence