



Do you know the feeling, when an unexpected, kind encounter changes the mood of the entire day? The step gets lighter, everything seems a bit fluffy, some inner doors open up. We don't have enough of this in our daily lives and we want more!

We invite everyone to make September 21<sup>st</sup> 2015 *Empathy Day*. Tell your friends how they enrich your life, surprise a stranger with a random act of kindness, remember your own magnificence. Let's experiment playful, what happens, when we connect with ourselves and others with appreciative awareness.

We are curious to hear about your ideas and experiences! Send us your stories, videos or pictures to [agentur\[at\]handlungsfähigkeit.org](mailto:agentur[at]handlungsfähigkeit.org) – to be published anonymously on our website.

**agentur für handlungsfähigkeit**

für eine bedürfnisorientierte Gesellschaft