An L2o2 Empathy in Action Workshop

The Masks We Wear

A warm welcome into how we show up differently — and what lives underneath



Learning to Love Ourselves and Others

We All Shift How We Show Up

- At work
- With family
- With friends
- With strangers
- During conflict
- In community
- In every role we play



Masks *Can* Serve Life

A mask might protect us.
It can help us belong or contribute.
It can create play — or open a new way of being.



Chosen or Automatic?

The flexible, conscious mask



The rigid, automatic mask





Meet a Few Masks

- The Helper
- The Tough One
- The Funny One
- The Chill One
- The Performer
- The Competent One

What Is the Mask Doing for Me?

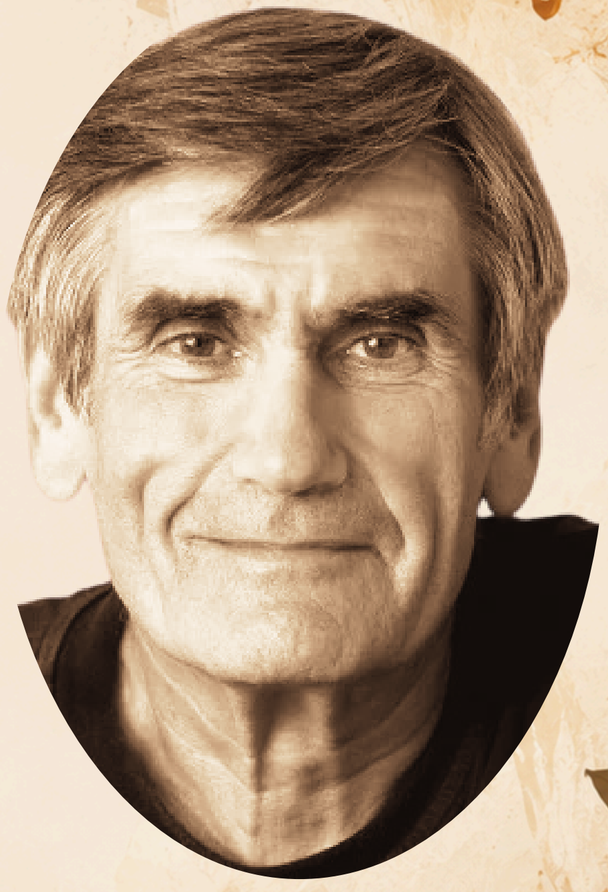
What does it protect?

What does it help me create?

What need might it be serving?



From Marshall



“With every choice you make, be conscious of what need it serves.”

Listen Underneath with NVC

Observation → what did I actually see or hear?

Feeling → what arose inside me?

Need → what matters to me here?

Request → what might I ask for?



Meeting the Mask

Listening Underneath the Mask Together

Choose one mask and a territory, and recall a recent scenario

Share with the group:

- What happened? Just the situation — no story, no judgment.
- What did you feel? A real emotion, felt in the body.
- What mattered to you? The deeper value or need underneath.
- What might you want? A small, honest request — or simply to be heard.

The rest of the group:

- Practice presence. No fixing, no advice.
- Just receive what is being shared.





Awareness gives us choice

We do not need to abandon the mask — we can appreciate it, and decide whether it still fits this moment.

What would it feel like to thank a mask for its service — and then choose

consciously?

Closing Reflection

Authenticity may be knowing what you are wearing, why you are wearing it, and whether you still choose it.

What is one small experiment or awareness you will carry into this week?

