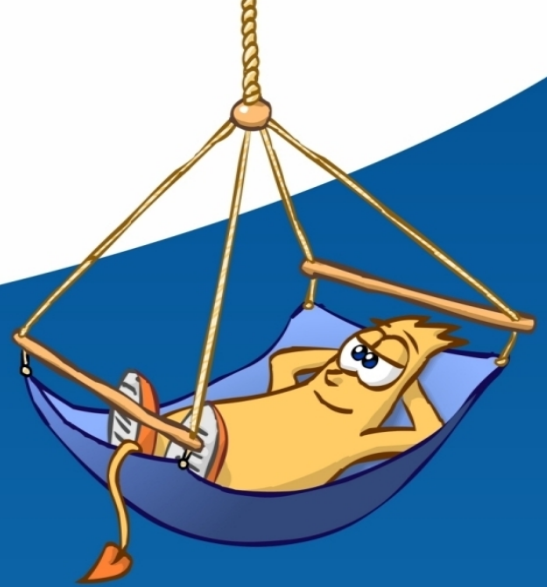


Lilli Höch-Corona



# Leading with empathy

Better team meetings and  
conversations with Gefühlsmonster® Cards



**Lilli Höch-Corona**

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# Dedication

First of all I would like to thank my son Christian Corona. Without him, the *Gefühlsmonsters* (quite literally „*Emotion Monsters*“) would never have come into being and I would never have been able to discover my love for lightness in my work in this way. All graphics in this book are created by him. He designed the cover, and it is thanks to his attention that the framework of the book has become coherent. He was also an invaluable help in revising the English version of my book.

Thanks to Corinna Telkamp, without whom the book would not have been created at this point. Her idea was the inner structure for the individual exercises. Thanks to her experience with mediation and training, she was able to quickly familiarize herself with my existing texts and field reports and, in close cooperation with me, to write the drafts for this book.

Thanks also to all those who have told me about their experiences with the *Gefühlsmonsters* over the past 15 years. Their stories have inspired me to try out and develop new things in my work – and to share it in seminars.

Thanks to Peter Metzler, Holger Buchholz, Susanne Sachse and Karin Molnar, who sent us the first feedbacks from company contexts about their experiences with the *Gefühlsmonsters*.

I would also like to thank our seminar participants. Together with them, my colleagues and me, we came to the insight that methods are always evolving.

Thanks to Antje Vorndran who, through her book project, encouraged me to start my own. She was the first to give me the feedback that this book was a compelling read. With her love for the English language she helped me revise this version of the book.

Thanks to Thomas Fehr, who asked colleagues for feedback on this text. This initial feedback from professionals who are not familiar with *Gefühlsmonster* was the final step towards actually giving this book to the world.

Thanks to Ursula Rieger, who had a good advice for the publisher.

Thanks to Tijen Onaran for her message that only what is visible takes place. She is the first one who was able to convince me that visibility helps our work to achieve the desired level of awareness.

Thanks to the editor Erik Kinting, who answered all my questions, set clear deadlines and kept them. Thanks to the layout designer Sabine Abels, who worked assiduously through the various *Gefühlsmonster* depictions in the book, and who also overcame all hurdles in the English translation. Her enthusiasm about Christian's drawings motivated us to add some new icons, so that the structure is now clearly labelled with the respective icons in the margin.

Lilli Höch-Corona

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This book assumes that you know or want to know about the *Gefühlsmonster*® Cards. Take a look at the website (see link below), to get an idea of what they look like and how they work.

The *Gefühlsmonster*® Cards are a tool that makes it easier to talk about feelings.

Emotions are contagious. This also applies to representations of feelings. Most of our users in various fields report that the cards make it easier for people to talk, and that they encourage sharing moods and feedback in groups. Words are found more easily looking at the *Gefühlsmonsters*, statements are memorized better.

The cards are offered in three sizes in the online store at  
[www.gefuehlsmonster.de](http://www.gefuehlsmonster.de):

- in mini (business card size) for working at the table and on the go
- in medium (postcard size) for working with small groups
- in extra-large (full page size) for working with larger groups

QR Code our website and -store:



We offer seminars in our *Gefühlsmonster Academy* where you can learn how to use the *Gefühlsmonsters* in different areas.

More about it here:



[www.gefuehlsmonster.de/en/seminars-workshops/](http://www.gefuehlsmonster.de/en/seminars-workshops/)

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