

Healthy Relationships

Making Work Enjoyable & Productive

According to research, people who have a best friend at work are seven times more likely to be engaged in their jobs. And it doesn't have to be a best friend, research found that people who simply had a good friend in the workplace are more likely to be satisfied.

Defining a Good Relationship

- Trust
- Mutual Respect
- Mindfulness
- Welcoming Diversity
- Open Communication

How to Build Good Work Relationships

Develop Your People Skills

Good relationships start with good people skills.

Identify Your Relationship Needs

Do you know what you need from others? And do you know what they need from you?

Schedule Time to Build Relationships

Devote a portion of your day toward relationship building, even if it's just 20 minutes, perhaps broken up into five-minute segments.

Focus on Your EI

Spend time developing your emotional intelligence (EI). EI helps you to understand the emotions and needs of others.

Appreciate Others

Show your appreciation whenever someone helps you.

Be Positive

Positivity is attractive and contagious, and it will help strengthen your relationships with your colleagues. No one wants to be around someone who's negative all the time.

Manage Your Boundaries

It's important that you're assertive about your boundaries, and that you know how much time you can devote during the work day for social interactions.

Avoid Gossiping

Don't gossip - office politics and "gossip" are major relationship killers at work. If you're experiencing conflict with someone in your group, talk to them directly about the problem. Gossiping about the situation with other colleagues will only exacerbate the situation, and will cause mistrust and animosity between you.

Listen Actively

Practice active listening when you talk to your customers and colleagues. People respond to those who truly listen to what they have to say.