



Building Positive Relationships

They say that you can choose your friends, but that you can't choose your family. In the same way, you also don't have much choice over your work colleagues. Some are lucky enough to enjoy the company of those they work with. Others don't always get along, but are still able to be courteous and professional, to develop a healthy working relationship. Though, some people in a workplace just can't find a way to get along.

Overcoming difficulties in a professional relationship takes both patience and hard work. You need to be willing to make compromises where you can, but also need to make sure that you express your own opinions and interests in a cooperative manner.

When one or both parties aren't willing to work on the relationship, the work environment can quickly become toxic as

the clashing parties try to make allies of their colleagues. In these situations where the parties can't sort the issues out themselves, it is important to seek the assistance of management, or a trusted colleague. Most workplaces have formal procedures for working through grievances between staff, and management can also assist in identifying whether an employee may be the victim of bullying or harassment.

Most people spend close to forty hours a week with their colleagues, and professional relationship problems can take their toll. If you're struggling with a work relationship issue you might find it helpful to speak with one of our experienced consultants at Converge International.

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