

Strengthening Relationships

Building better relationships at work

According to the Australian Bureau of Statistics, 65 per cent of Australian workers spend more than 40 hours per week at the office. When we spend so much of our week at work, we need to invest in building better relationships with our workmates.

But sometimes we face difficult situations where conflicts between staff can impact on the way we work and on the outcomes we achieve.

Some tips for getting to common ground at work include:

Listening to other points of view.
Listening to, and acknowledging, other's opinions shows that you are open to getting to common ground.

Acknowledging progress. When disputes seem too big to resolve, acknowledging small wins can help build momentum towards conflict resolution.

Identifying common goals. Ultimately everyone at your workplace is focused on success. Identifying common goals helps to focus a team on working towards shared objectives.

If you would like more advice on managing conflicts at work, call **1300 687 327** to speak with a Converge International consultant.

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