



Relationships in the Workplace

Positive relationships in the workplace are an integral part of career success. By understanding yourself and getting to know your co-workers, you can build lasting work relationships. The more effectively you communicate with the people around you, the more positive and healthier your relationships become. When you build cooperative relationships at work, you are likely to notice an increase in your job satisfaction.

Good workplace relationships tend to have the following characteristics:

- Getting to know your co-workers and manager is the first step towards developing healthy work relationships.
- Open communication is crucial to building trust with colleagues.
- If you understand and value your co-workers, they will value you in return.
- Teamwork, communication and problem-solving skills are crucial to working well with others.
- To develop a team, everyone needs to do their fair share of work and give credit where it is due.
- By working as together, a team can develop solutions based on shared skills, knowledge and vision.

Here are some helpful tips:

- Identify your needs in relation to your job and what others need from you.
- Ask questions and listen to your co-workers to find out what's important to them.
- Be aware of your tone and body language as well as the words you say when speaking. Keep your tone even and arms relaxed rather than crossed.
- Give others the opportunity to share details about their life before sharing your own.
- Pay attention to those around you and know when to offer assistance.
- Remember to ask for help and speak to your manager or a trusted colleague if you are feeling stressed or experiencing problems.
- Everyone wants to feel that their work is appreciated. Acknowledge the work of others and you will be acknowledged and appreciated too.
- Be positive. Positivity is contagious.

Our counselling services are available 24/7 on freephone: 0508 664 981.

Vitae

Community Wellbeing Workshops

June – September 2022

Vitae customers can register up to two staff for any of the following Wellbeing Workshops.

One hour session: \$50 per person

To register,
email workshops@vitae.co.nz with staff name/s, email and cost centre.

Schedule

8th June	COVID-19 anxiety & rebuilding resilience	3rd Aug	Understand stress & build resilience
22nd June	Managing mental wellbeing	17th Aug	Build a culture of respect
29th June	Promoting self care	24th Aug	Building resilient teams
6th July	Building resilient teams	7th Sept	Promoting self care
20th July	COVID-19 anxiety & rebuilding resilience	21st Sept	Managing mental wellbeing
27th July	Managing mental wellbeing	28th Sept	Understand stress & build resilience

Please note: participants must have access to a device with a camera and microphone to join in the activities.

To discuss a customised workshop for up to 12 participants,
please contact vivien.rodgers@vitae.co.nz