

Healthy Workplace Relationships

Foster a flourishing environment.

Positivity begets productivity. A healthy workspace should offer opportunity for connecting, sharing and supporting. Feeling comfortable does not simply mean free from physical discomforts, but indicates that one is able to feel psychologically safe and in an environment in which one can thrive.

The “places” that we tend to, should not only consider how our physical environment and work process are fit to ourselves, but how they are fit to support all humans that occupy our mental and physical space.

What can I do?

- ☒ **Listen** - Be an ear and not always a voice.
- ☒ **Engage** - Your team members depend on you. Engage with them.
- ☒ **Support** - Provide knowledge and action when needed, at reasonable times in reasonable ways.
- ☒ **Encourage** - Value your co-workers' opinions and encourage ideas.

Tip: Remember, the EAP can help you in your quest to turn difficult interactions into closer professional connections.