



Participant Guide (30 Minutes)

## Part 3. Respectful & Positive Workplace Relationships




## Overview

In this webinar we will recognize how healthy teams depend upon each member's capacity to navigate the relational challenges of working closely with each other. We will explore how team members can positively influence workplace culture so that all members can thrive, enjoy lowered stress, and work in harmony.

### Agenda

- Destructive Behaviors
- Positive Relationships
- Emotional Intelligence
- Assess Your Contributions
- Questions to Ponder



**Webinar Length:** 30 minutes

## Destructive Behaviors

Contempt – *scorn*

Defensiveness – *refuse feedback*

Stonewall – *withdraw*



## Destructive Behaviors, *cont.*

Mind-reading – *projecting*

Unreliability – *undependable*

Untrustworthiness – *unsafe*



## Positive Workplace Relationships Creating the Conditions

Safety – *mental/emotional*

Belonging – *diversity*

Respect – *expertise/integrity*

Trust – *consistency*

Value – *indispensable*

Status – *ego satisfaction*



## Emotional Intelligence

Self Management – *in control*

Self Awareness – *presence*

Social Awareness – *empathy*

Relationship Management –  
*communicate/inspire*



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## Assess Your Contributions

- Healthy communication
- Culture of appreciation
- Integrity
- Accountability
- Dependability
- Boundaries
- Solution-focused mentality
- Balance expertise & openness



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## Questions to Ponder

One behavior you will start/stop doing

- ☐ Reduce your level of stress at work?
- ☐ Increase others' respect for you?
- ☐ Increase others' trust in you?
- ☐ Create a culture of appreciation?
- ☐ Increase team cohesiveness?
- ☐ Contribute to a more positive work environment?

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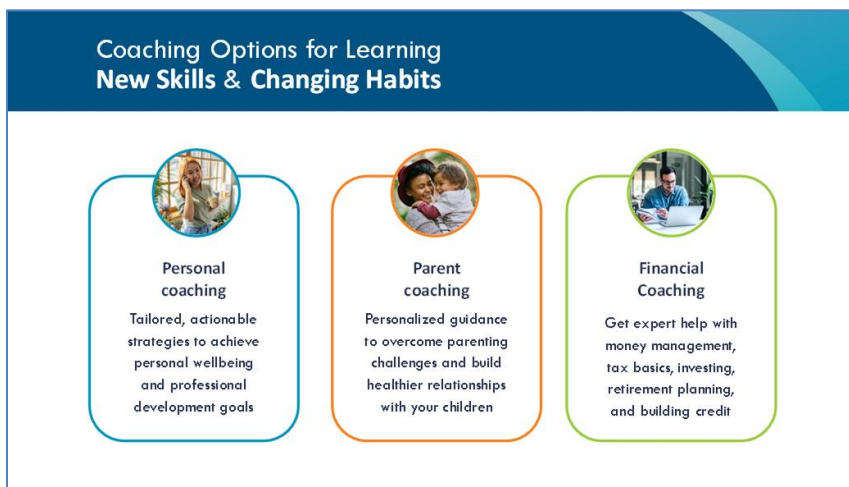
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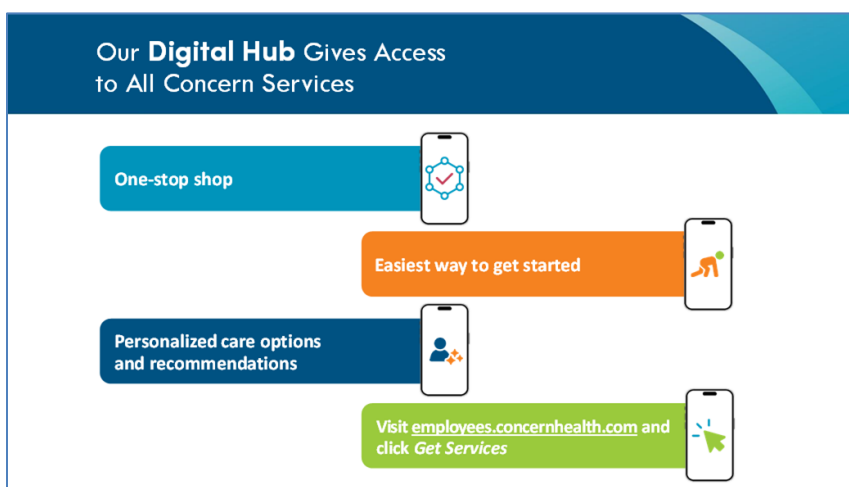


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## Questions? Comments

**Thank you!**

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