

## TIPS FOR IMPROVING YOUR RELATIONSHIPS IN THE WORKPLACE

Gretchen Rubin's, "Ten Tips for Getting Along with Your Mother-In-Law" are easily transformed into tips for getting along with your boss:

- Spend more time together, because familiarity breeds affection. The more often you see someone, the more tolerable they become (and vice-versa).
- Act the way you want to feel, because feelings follow actions.
- Avoid arguing over petty issues. Pettiness isn't polite or welcome and there's no need to make it part of the relationship.
- Mindfully articulate and follow your own values. If you are comfortable with your own values and decision, criticism from others becomes less hurtful or frequent.
- Respect the boss's authority. There are some perks that the boss has earned and that should be acknowledged.
- Protect your own authority. An employee's rights should not be sacrificed simply to maintain peace.
- Respect others' priorities. Unless an accommodation violates your deeply held principles, it's generous to try to respect other people's priorities – and it sure promotes peace.
- Consider the workplace and what's best for your co-workers.
- Focus on the positive and find ways to express that to others.