



# 5 WAYS

## TO BECOME A BETTER COWORKER

### BECOME...

1

#### An Upstander – not a Bystander

Make the commitment to speak up any time you witness cruelty towards a coworker. If you don't know what to say, it can be as simple as, "Stop. It's not okay the way you're treating \_\_\_\_."

2

#### Comfortable being uncomfortable

Get used to giving and receiving negative feedback as part of your professional responsibility. It's okay to feel uncomfortable – speak up anyway. It's okay to feel defensive when someone gives you feedback – accept it anyway.

3

#### A positive deviant

- Make a point every day to compliment your coworkers to their face AND behind their back.
- Shut down complaining by sharing good things happening in your department.
- Go out of your way to spread positive news.

4

#### A kinder human being

Do something everyday to show kindness to a coworker, especially the cranky ones who need it most!

5

#### More supportive – less critical

Make a point to spend more of your energy looking for ways to support and praise your coworkers instead of looking for things they did wrong.

**Let's finally take full responsibility for our workplaces by making sure WE EACH show up every day with kindness, tolerance, positivity, and by being the quintessential role model for professionalism.**