WHY BUILD RELATIONSHIPS AT WORK?

• People help people they know, like and trust
• When you help others, they will help you
• When co-workers help each other, the company moves forward
• Healthy relationships make us happier and more productive
• A strong network can help you with career advancement

TYPES OF WORK RELATIONSHIPS

Peer/Collaborative – share your strengths and skills with peers informally and formally on projects
Mentee – seek guidance and advice from experienced professionals who have traveled your path
Mentor – pay it forward by being approachable and available as a friendly advisor

KEYS FOR BUILDING STRONG RELATIONSHIPS

• Develop transformational, not transactional relationships
• Find ways to help others be more successful
• Be genuine and authentic to EVERYONE in the office, from maintenance staff to CEO

QUESTIONS FOR YOU TO CONSIDER

• Who influences your work and whom do you have influence on?
• How many healthy, beneficial relationships do you have at work?
• Do you spend more time giving or taking from these relationships?
• Who has mentored you? Who have you mentored?
• How many negative relationships do you have at work? Does that inhibit progress?

ADDITIONAL RESOURCES


Fast Company – 5 Biggest Mistakes with Work Relationships

Mind Tools – Building Good Work Relationships