RESPECT in the workplace

"Ultimately it's about owning your piece of accountability - not pointing fingers. What are you going to do to own accountability?   We can't change other people but we can influence everyone around us through our own behaviour."

Self Respect

If you want to better care for and relate to others, put yourself first. Regard and respect the person you spend the most time with…yourself. The most important relationship - the one you have with yourself - sets a tone for all of our other reactions.

Basics of Self Respect

- ✓ Protect the most precious resource: YOU
- ✓ Speak honestly
- ✓ Set boundaries
- ✓ Ask for help
- ✓ Be compassionate with yourself
- ✓ Think about how your behaviour affects others
- ✓ Think before you speak
- ✓ Take responsibility for yourself and your behaviour

3 Important Things When Communicating
1. Use "I" statements.
2. Focus on the issue at hand.
3. Keep it short and sweet.

What Does Self Respect Look Like in the Workplace?

- ✓ Take time to eat a meal and recharge
- ✓ Set appropriate boundaries with people and yourself.
- ✓ Don't take it personally when others set boundaries with you.
- ✓ Do not take on more than you can handle.
- ✓ Ask for help. You may be surprised at the opportunities of collaboration and support you can receive in time your time of need.
- ✓ Manage expectations about what you can and can't do. Don't overpromise and under deliver.

Bottom Line
Respect at work makes sure that each of us can focus on doing what we're here to do: our jobs. And at the end of the day, people who feel respected are more likely to stay at their job, which helps us to retain our most valuable asset: **our people**.