

September 29, 2022

Workplace Relationships

Many of us have developed such strong relationships with our colleagues that we feel like they are an extension of our own family. We hang out together, bounce ideas off of each other, rely on each other, and even share secrets with each other. Why? Because we think of those with whom we work closest as family; and just like at home, our work family knows how to push our buttons. So as much as we are grateful for the individual in the next room, we can become equally as frustrated with them because where there is a relationship, there is potential for conflict.

Workplace relationships can be tricky, but they can make a world of difference – positively and negatively. Developing quality relationships with colleagues in the workplace improves morale, teamwork, and productivity within a staff. But when those relationships fall short, we can feel angry, frustrated, and much less focused on the job at hand. A breakdown in a relationship is detrimental to everyone; and if not addressed, is like a malignancy which can permeate the entire workplace.

Attached you will find a brief YouTube video called, “How to Reduce Conflict and Build Better Relationships” with Paul McGee. Our hope is that this short clip gives each of us greater insight into our own selves and the relationships we have with those around us.

<https://www.youtube.com/watch?v=piNZI2nf6pY>

Take care and thank you for all you do!

PBIS Leadership Team