

Stay Connected:

TO INCREASE JOB SATISFACTION

Building positive relationships on the job can have a huge impact on how much you enjoy work. If you have solid relationships with your team, you'll be more excited to go to work. While strengthening relationships with co-workers requires time and effort, in the end it will help you feel more connected to your colleagues and increase your overall job satisfaction.

Benefits of building good work relationships:

- **Increased job satisfaction** - When you build strong relationships, you can find purpose in your work and enjoy greater job efficiency.
- **Less discomfort throughout the day** - A toxic workplace can be very uncomfortable and may add additional stress and challenges day-to-day.
- **More support from colleagues** - Work can be stressful. You'll need support when times get tough. Good work colleagues will step up for you when you ask, and you'll do the same for them.

Tips for building positive connections at work:

- **Know what you need from your colleagues** - Understand your strengths and weaknesses. Identify what you bring to the table and where you need support from others.
- **Practice active listening** - Effective communication is important in building relationships. Be receptive to people's words and use non-verbal communication to show you are paying attention.
- **Follow through on your commitments** - Proving yourself as a reliable teammate will make building good work relationships easier.
- **Know when to ask for help** - Collaboration can help you build a stronger relationship.
- **Show gratitude** - Showing appreciation to your teammates by complimenting them on their work, bringing snacks for the break room or sending thank-you notes will go a long way in building connections.
- **Skip the gossip** - Gossip erodes trust in the workplace.
- **Start small** - Some of your co-workers are simply that — co-workers. They might prefer to come in, do their work, and go home at the end of the day. Don't take it personally. Just remember that being friendly is the first step to being friends.

For more guidance on building positive connections at work visit [EAP4YOU.com](https://www.EAP4YOU.com)