

Healthy Relations at Work



Most people will spend a majority of their lives at the workplace. Hence, the ties you form at work; with your colleagues, and managers, are of utmost importance if one wants to have a satisfying work environment.

You will look forward to going to work if you have strong ties with your co-workers. Maintaining these ties can be done through respect, trust, communication and more.

This course will help to learn more about the types of relationships one may have at work, and how to improve them.



Content



Introduction

- Types of work relations
- Problems at workplace (voluntary + involuntary)

Self-Awareness

- Faulty patterns – perceptions and attributions
- Functional patterns – citizenship behaviours

Conflict Resolution

- Assertiveness
- Ego states