

Stay away from workplace conflicts!

The smartest thing to do, sometimes, is walk away



With so many different individuals and perspectives in a workplace, conflicts are bound to happen.

Maintain the peace and your sanity by proverbially walking away from a screaming match and figurative hair-pulling.

Here are a few quick tips:

ZIP IT. Think before you speak. A quick retort might escalate into something more unpleasant. If someone has delivered a nasty verbal blow, take a deep breath to allow yourself time to think of a less abrasive come back, if the situation warrants one.

LISTEN. Listen to what your co-workers or managers have to say before interjecting with your opinions. Arguing may just aggravate the situation. Put yourself in their shoes and offer them the empathy you would want for yourself.

BE NICE. Make friends, not enemies. Be cordial and friendly to everyone - it will make it a better workplace.

HAVE BOUNDARIES. Know how much contact you can handle and what sets off your temper. Similarly, have limits when dealing with colleagues, especially if you do not know what their boundaries are.

KEEP RECORDS. Protect yourself with thorough documentation of any potentially explosive situation. Do it in the name of self-preservation and job security.