

R-E-S-P-E-C-T

The development of respectful relationships is receiving increasing attention, particularly as the US workforce becomes more diverse. Organizations understand that people function best in environments where they feel valued and respected. Concerns range from considerations of “common courtesy” to having your opinion genuinely sought to recognition of each person’s worth. Studies consistently show that the companies rated best to work for are those that develop cultures that reinforce respect.

As you strive to enhance respectful relationships in your workplace and home – consider the following common qualities.

Dialogue – to move through misunderstandings and anger to reasoning and reconciliation. In other words, encourage real communication.

Attention – being fully present, sometimes engaged in vigorous conversation, sometimes bearing silent witness.

Curiosity – showing genuine interest in others to know who they are, their thoughts, feelings and fears.

Healing – nourishes feelings of worthiness, wholeness and well being in others.

Empowerment – offers knowledge to others that will enable them to make their own decisions as well as nurture self-confidence and self-reliance.

Self-Respect – allows us to feel good about ourselves.

It’s impossible to respect others if we don’t respect ourselves.

Give Yourself the Gift of Self-Respect

Take care of yourself.

Enjoy activities that you find pleasurable.

Don’t magnify your failures.

Most clouds have a silver lining and offer opportunities for personal understanding and growth.

Let go of the past.

If you can’t change it and you have no control over it, then let it go.

Blow your own horn.

Acknowledge and take credit for your successes and accomplishments.

Don’t dwell on physical imperfections.

Make a list of your best qualities.

Accept that life is about choices.

Life is always bringing change that requires adjustment.

Take a risk on something out of character.

The message you’re likely to get back from the world is that you’re pretty gutsy for trying something new.

Have a plan for the future.

Develop long range goals for yourself, but work on them one day at a time.

For more information about respect, or to talk with someone about your concerns, contact your employee assistance program:



600 E. Genesee St., Suite 325, Syracuse, NY 13202

Fulton office available

Office Hours: 8:30 a.m. to 5:00 p.m. weekdays

Evening appointments available

315/470-7447 or 800/777-6110

E-mail: Crouse_Helppeople@mail.hcdis.com

www.crouse.org/helppeople