

respect

due regard for the feelings, wishes, rights, or traditions of others

Respect is one of the most important traits in the workplace. It allows you and your team to work together to accomplish goals. You need to respect your team, manager and clients and partners to receive respect from them.

What is respect in the workplace? Respect is the choice of regarding someone well for their qualities or traits, but respect can also be the action of treating people with appreciation and dignity. A respectful attitude should be standard in the workplace regardless of personal feelings. Team members won't necessarily like or admire the personalities of their supervisors or coworkers, but they still need to act respectfully on the job.

IMPORTANCE OF RESPECT AT WORK Once you understand why respect is important, it starts to take on a greater meaning. You can start to understand why your coworkers react in certain situations and take steps to create a more positive work environment with everyone involved. When people feel respected, they give respect to others. Some benefits of respect in the workplace include:

Respect reduces stress: Stress reduction is particularly important for the health of employees in the workplace. Unstressed, respected employees feel more comfortable sharing ideas and working with their peers to accomplish common and company goals.

Respect increases productivity and collaboration: Respect can provide more opportunities for employees. When you respect your coworkers, you turn to them for help and get their ideas on various problems and issues. This leads to more creative solutions and increased collaboration, so work gets done faster and more efficiently.

Respect improves employee satisfaction: Collaboration and productivity together create a positive workplace with satisfied employees. This sense of satisfaction has the power to benefit employers in the long run. Satisfied employees typically want to stay at the companies that value them and look for ways to advance or grow their careers.

HOW TO SHOW RESPECT IN THE WORKPLACE Every workspace is unique, and employers and employees can show respect in different ways. There are some universal ways to show respect in the workplace and improve the levels of respect within your team:

Listen to what everyone has to say Listen carefully to what others have to say, and give them time to share their ideas. This can lead to a healthier and happier environment.

Pay attention to nonverbal communication Respect applies to nonverbal communication and body language as well. You can support your peers and be respectful even without talking. Think about how you interact with your coworkers, and make sure it is in a respectful manner. Examples include making eye contact when someone talks to you and nodding to show that you are actively listening.

Recognize the strengths and accomplishments of others In the same way that you should listen to what others have to say and acknowledge their good ideas, it is also important to recognize the strengths and accomplishments of the people you work with.

Practice common courtesy and politeness If you ask most people for their description of respect, they will often use terms like courtesy or politeness, and these are two elements that are important in a successful workplace. People are more willing to help you if you are polite. Taking simple steps like asking your coworkers politely for help can go a long way. Thanking people for help or highlighting their hard work is both polite and respectful. These steps are small and can have a big impact.

Consider how others view you and your actions Always be aware of your words and actions in the workplace and how they might affect your teammates. This concept is called emotional intelligence, and it refers to understanding the emotions of others and how your actions impact their reactions. Try to think before you speak, or talk to your coworkers about the language you use. A few small changes can help improve respect.

Respect in the workplace is a two-way street and we can't expect others to respect us without also respecting them as colleagues.

Respecting one another requires that we sacrifice our prejudices, pride, and self-centeredness.



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