

BUILDING SUPPORTIVE RELATIONSHIPS IN THE WORKPLACE

Building supportive relationships in the workplace is beneficial for both individuals and the overall work environment. It promotes better communication, teamwork, and a positive atmosphere, which can significantly impact mental wellbeing. This handout offers practical tips that can help foster supportive relationships in the workplace.

PRACTICE ACTIVE LISTENING

LISTEN.
LISTEN...

- Be fully attentive when others are speaking.
- Avoid interrupting and genuinely listen without judgment.
- Show empathy and validate others' feelings and experiences.

OFFER SUPPORT

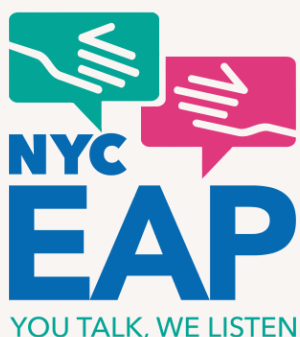
- Be approachable and create an environment where people feel comfortable asking for help.
- Celebrate others' achievements.
- If a coworker needs help, offer unsolicited assistance.

FOSTER RESPECT & KINDNESS

- Treat colleagues with respect and kindness, regardless of their position.
- Be inclusive and promote diversity in the workplace.
- Avoid gossip and negative talk about coworkers.

Kindness
MATTERS!

REACH OUT TO THE NYC EAP



Remember, building supportive relationships takes time, effort, and consistent practice. If you need more tips or help practicing, reach out to the New York City Employee Assistance Program (EAP).