

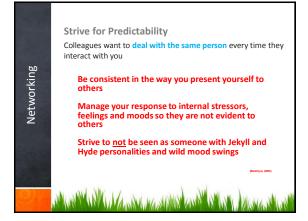




Work to Attract People
Work to be seen as a bright spot in the day of other people, not the lowest point

If people avoid you when they see you coming, network building will be difficult

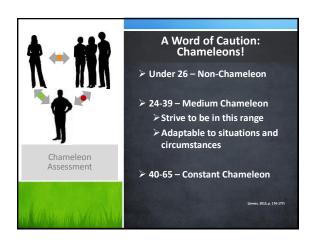
Display qualities you see in others you most appreciate at work – competent, helpful, friendly, cheerful, interesting, pleasant



Step outside your safe and familiar zone to improve connections and increasing learning opportunities Overcome fears of the unknown and working with others unfamiliar to you Take risks and make an effort to collaborate and work above and below you in the hierarchy Consider having meetings with others to discuss how their profession or functions supports yours and determine mutual collaboration opportunities

Look for Personal Links Find links to personalize a relationship and establish opportunities for future communication and interaction Learn to notice what people are talking about and jump into the conversation Personal topics can include kids, pets, where people are from, hobbies and interests, travel destinations Avoid conversations about politics and religion! If you must, have clear evidence the other party shares your views









Believe in Yourself and Your Work Insecurities can lead to self-doubt compensatory mechanisms that are politically destructive If you don't believe in yourself, why should anyone else? Find a friend, mentor or therapist who can help build your confidence and discover your strengths Find a sense of purpose in your work and connect it to the success of your organization

Do the Best Job You Can It may be surprising to know that most people are not striving to be high achievers Self-starters are appreciated by those in the upper levels of hierarchy Give your all to your work and make your outcomes shine Put in the extra time and effort it takes to meet goals



Be a Pleasant Person / Have True Respect If you do not truly believe someone has worth, it will be obvious to them and others Find value in every person with whom you interact Sustaining a successful career is almost impossible if no one wants to interact with you Be a rewarding experience for others – they will steer clear of punishing experiences

Do Not Expect Therapist Co-Workers
Pay an actual therapist to help you work out your personal problems and lifelong struggles

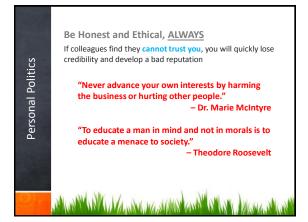
Do not share information that is more than most people want to know about

Look to see if people are politely waiting for you to stop talking

Colleagues will avoid you and warn others to do the same















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