

Respect in the Workplace

Recognizing that there can be differences in personal beliefs and political views among teammates, it may be useful to use a few basic practices to promote a respectful workplace:

- **Seek to understand, before seeking to be understood.**
- **Avoid rushing to judgments.**
- **Show tolerance and respect.**
- **Lead with empathy. Use compassion and a collective sense of humanity to acknowledge each other's feelings and opinions.**
- **Practice mindful self-awareness and recognize when your own biases are influencing what you are thinking, feeling, and doing.**
- **Avoid "us" and "them" thinking.**
- **Be sensitive to religious, cultural, racial identity, and social backgrounds of coworkers.**
- **Avoid slang or jokes that are offensive.**

We hope these tips are useful. However, if you are struggling with your interactions with coworkers, consider contacting Canopy for free and confidential support.



call: 800-433-2320
text: 503-850-7721
canopywell.com

