

How to Demonstrate Respect at Work

So what exactly makes us happy in the workplace? There are multiple factors that impact our work life, but earning respect from our coworkers is arguably the single most important. This forms the foundation for work relationships and long-term progression, so consider the following steps:

Demonstrate your worth and value as an employee. The process of gaining respect from both coworkers and managers begins the moment you first enter the workplace, as you immediately demonstrate an understanding of your worth and unique value as an employee. This is reflected in the way you undertake your role and add value to the business through the completion of individual tasks that fall within your job description.

Interact with your coworkers and care about their lives. Even with the best of intentions, our lives can sometimes take a potentially disruptive turn. This can make it difficult to attend work with a smile and a proactive attitude, but this is crucial if you want to retain the respect of those around you. By continuing to interact with your coworkers and taking a genuine interest in their lives — even during times of hardship — you are displaying an eminently human quality that commands the good will of others.

Speak calmly and listen to others. Respect must always be a mutual concept, as you cannot hope to gain it without offering it in the first place. It is crucial that you remain a good listener and take the opinions of others into consideration before taking a direct action or decision. Similarly, always speak calmly when interacting with other. Otherwise you run the risk of alienating them and developing a reputation as someone who is difficult to work with.

Always smile during times of triumph. While the world of work can be challenging, this should not detract from those occasions where you achieve a goal or successfully complete a project. It is important to celebrate these moments, both as an individual and as part of a larger team. A warm and positive smile serves to underline a job well done.

Deal with adversity in a similar manner. Just as professional athletes are tested more in defeat than in victory, so too the employee must dig deeper during adversity than in times of prosperity. Treat both of these with a positive and proactive attitude, and maintain your smile even during difficult times.

Go above and beyond the call of duty. When you start a job, you are given a job description that outlines the tasks under your control. As you develop relationships with others and earn greater levels of responsibility, be willing to operate outside of these boundaries and do more than is expected of you. Your willingness to go above and beyond will ensure that you remain well-respected among your peers.

Make collaboration a key aspect of your work life. There may also be instances when it is necessary to work on a project with different coworkers or units. This can be challenging, especially if you are unfamiliar with their work methods. Earning universal respect requires you to communicate with people across multiple levels, regardless of status or pre-existing relationships. Be open to collaboration and strive to work effectively with any kind of team.

Become a problem solver. While you can do this by undertaking your role tenaciously and effectively, it is also possible to become a talented problem solver with skills in analytical thinking, strategizing and negotiation. This can gain newfound respect among your coworkers and managers.

Practice the virtue of patience. Respect relies on your ability to showcase both compassion and understanding as you make the most of your coworkers' strengths while also making allowances for their weaknesses. It is crucial that you are patient as this enables you to be a respected member of a multi-layered organization.

Implemented consistently at work, these actions help ensure a respectful, considerate and professional workplace.