Slide 1: Welcome to Two-Minute Tuesday. I’m Audrey Savas. Ask anyone what treatment they most want from their bosses and coworkers and they’ll likely top their list with the desire to be treated with respect.

Slide 2: Video clip of Aretha Franklin singing R-E-S-P-E-C-T
https://www.youtube.com/watch?v=6FOUqQt3Kg0 (24-:33)

What you want, baby I got it. What you need, you know I got it. All I’m asking is for a little respect, just a little bit, hey baby, just a little bit, R-E-S-P-E-C-T, find out what it means to me, R-E-S-P-E-C-T…

Slide 3: That’s right, Aretha, we want respect! Now let’s hear from Tina…
Video clip of Tina Turner singing Show Some Respect https://www.youtube.com/watch?v=VjiLc4XL6mE 2:34–2:43
Credit: Tina Turner – Show Some Respect (Live) – YouTube

Respect, show some respect, respect...

You said it, Tina! We have to show respect to get respect.

Slide 4: What do you think, Rodney?
Video clip of Rodney Dangerfield talking https://www.youtube.com/watch?v=9FPv2toi5og 2:42–2:43
Credit: Classic Television Blog – Comedian Rodney Dangerfield – You Tube

Well that’s the story of my life, no respect, no respect...

Slide 5: Let’s talk about some tips for demonstrating respect at work.

Slide 6: First there’s your body language.

Slide 7: Your nonverbal communication can indicate respect - or not. This includes your facial expression, tone of your voice and your overall demeanor.

Slide 8: Then there’s the words that you speak. Try to praise much more frequently than you criticize.

Slide 9: Praise and recognition is important not just from supervisors, but from employee to employee. It can be verbal or in writing.

Slide 10: It may seem obvious but a key way to show respect is to treat others with courtesy, politeness, and kindness.

Slide 11: You have the choice in every situation on how you react to the other person.

Slide 12: Here’s a big one. Listen to what others have to say before expressing your viewpoint.
**Slide 13**: Listen and don’t speak over, butt in, or cut off another person.

**Slide 14**: Listening requires not talking but also making eye contact and focusing on the other person.

**Slide 15**: Encourage your coworkers or those that you supervise to express their opinions and ideas.

**Slide 16**: When possible, ask their opinion and delegate meaningful assignments. When using others’ ideas, let them know or better yet encourage them to implement the ideas.

**Slide 17**: Don’t put others down or their ideas.

**Slide 18**: It is never appropriate to insult or disparage a co-worker.

**Slide 19**: Also avoid constantly criticizing about little things

**Slide 20**: Pickiness can be annoying or patronizing to others.

**Slide 21**: The tips we just discussed will help you avoid disrespect – which is often unintentional. The bottom line is - GIVE respect to others, you will get it back!

**Slide 22**: Thanks for tuning in to Two-Minute Tuesday. To subscribe or watch previous episodes, visit us online.