BASIC CHARACTERISTICS CONTRIBUTING TO WORKPLACE WELLNESS

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Exceptionally good employees who fit with the team are not always easy to find. They are usually the ones who change an entire department as they create positive influences on others. Exhibiting positive traits can strengthen the link of a work force.

A healthy workplace tends to exhibit a common set of traits that foster excellence, productivity and camaraderie. Here are some of the values that foster wellness in the workplace:

1. **Humble.** According to Harold B. Lee, “Stay true in the dark and humble in the spotlight”, he cited that we should not tolerate arrogance as this is one of the things/traits that could bring us down, nobody likes a bragger; so being humble is important.

2. **Autonomous.** One of the admirable attributes of a well-rounded employee is being autonomous. Such has the ability to work on tasks on his own with minimal help from his superiors even during times of necessity, which builds trust between a worker and his/her superior.

3. **Passionate and Dedicated.** Employees who are passionate and dedicated to work are the ones who are always looking forward to heading to their jobs each morning and usually enjoy their work that would naturally put in the best effort at all cause.
4. **Honest.** Nobody likes a liar. A good employee always speaks the truth regardless of the circumstances they are in. The trust of an employer should be treasured and avoid recklessness in forming decisions on vital issues without informing your superior about it. Always decide as a team.

5. **Confident.** A confident person is someone who is flexible, bold, ready and does not fear at taking risks, getting the work done even during stressful or demanding situations.

6. **Creative.** Being creative does not mean being in the art industry. Creative employees are the ones who are constantly generating and implementing new ideas and creations all the time. These are those who could develop insights that could be useful to the organization.

7. **Positive Attitude.** This is one of the most important characteristics of an ideal employee. Workers with a positive attitude are those who work to help achieve greater goals and objectives of the department and could always communicate with diplomacy, addressing difficulties as challenges to perform better. Communicating as if to argue must be avoided and feedback viewed as opportunity for growth and improvement.

8. **Cooperation, support and empowerment.** Workers must have sense of companionship, cooperation and empowerment. Having others under one’s care and guidance is a welcome opportunity. After extending instruction, people must be allowed to work on their own, remembering always to give support as the need arises. Work may be delegated but responsibility must not be taken lightly.

When it comes to workplace wellness it is paramount to be reminded of the goals of the management and how to achieve them. Being fully aware of what is expected of each member of the organization would lead to a healthy environment in the system.
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