HOW TO COPE WITH THE DIFFERENT ATTITUDES OF CO-WORKERS

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Whether we like or not, it is, inevitable that sometimes we find trouble working with co-workers with a different attitude toward us or from the superior whose demands and expectations are hard to meet.

In my experiences, I learn positive approaches on how to deal with co-workers. Identify problem people. They come in all shapes and sizes - the backstabber, the meddler, the instigator, the gossiper, the credit gabber, the nasty competition and so on. Learn to recognize them. Really, it is our own initiative to know people around us.

Assess your situation we feel slighted when we are treated unprofessionally by our peers. In this case, we have to be open-minded take everything constructively and accept the so-called individual differences; we can make possible ways how we can adjust with our co-workers’ attitude and characters.

Do not lose your temper at work or confront the difficult co-worker in front of your boss or your peers. Keep calm and be rational all the time, never stoop to their level by applying dysfunctional approaches in dealing with the situation. Gossiping or bad-mouthing the person or receiving anonymous letter are some common problems that we can experience in this endeavor. Learn to recognize them. Send letter to the administrator.
to clarify things. In my own understanding, open communication will help pacify untoward situations with the problem co-workers.

References:


https://bringgratitude.com/2010/03/16-difficult-office-situations/