RESPECT IN THE WORKPLACE

Respect is defined in several ways, but in the workplace it is “due regard for the feelings, wishes, rights, or traditions of others.” Respect is covered in the UAB Code of Conduct and as one of our Shared Values.

We can, and should, respect others whether we agree or not. We can always agree to disagree and still respect one another and work together. Respect is a behavior, not a statement, and it can be shown in many ways:

- Being supportive and helpful
- Building connections with others
- Asking good questions or asking them to explain something
- Giving people priority (helping them understand that they matter to you)
- Maintaining confidentiality in your relationship
- Giving them genuine thanks
- Being candid instead of telling half-truths

Respect – treating others with courtesy and civility no matter what their backgrounds, culture, beliefs, habits, etc. is just one of the valued characteristics of a UAB employee. Do you respect others at work? If not, begin today!

CALL TO ACTION:

1. Re-read the UAB Code of Conduct and our Shared Values. This is what UAB expects of their employees every day.
2. Watch Todd Dewitt explain the behaviors listed above in his video, How to Show Respect, from the course Management Tips. (2m 43s)
3. Try one or more of the suggestions with a coworker. Be honest and sincere. Even if there are issues where you disagree, at least you both can work on respecting each other as colleagues.

KEEP ON LEARNING

- Read The Balance Careers article on How to Demonstrate Respect in the Workplace. (10m-12m)
- Read Service Skills article on 8 Keys to a More Respectful Workplace. (5m-7m)
- Watch LinkedIn Learning’s instructor Daisy Lovelace explain How to Demonstrate Respect to Teammates. (3m 19s)
- Join us for, Developing Positive Relationships at Work on, December 5 | 1pm.