



Arrive early.

Punctuality is about respecting other people's time and your own.

- Don't be late to work.
- Don't be late to meetings.
- Don't let meetings run long.



Keep your music to yourself.

- Use headphones if you share an office.
- Keep the volume low enough to hear the phone ring or if someone calls your name.
- If you use speakers, remember to pause the music when you answer the phone.
- Don't sing aloud...you're a bigger fan of your voice than your co-workers are!
- Keep the dance moves to a minimum.





Gossip or Idle ChitChat?

Gossip

Often negative, inflammatory and embarrassing to the person being spoken of.

Can have many adverse side effects on an organization.

Idle banter, casual conversation, small talk, pleasantries, and icebreakers. Value neutral--meaning it casts neither good or bad aspersions on the subject matter.

ChitChat

Here's how to get out of the gossip pipeline:

- Be busy.
- Don't participate.
- Turn it around by saying something positive.
- · Avoid the gossiper.
- Keep your private life private.
- Choose your friends wisely at work.
- Be direct.
- Don't be afraid to go to a superior.



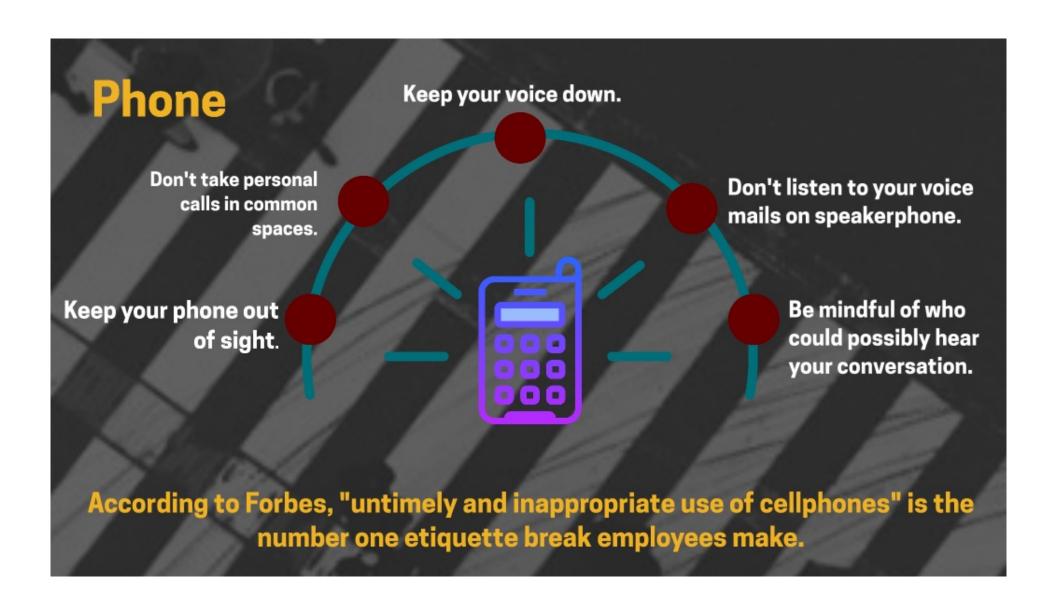




Email

- Proofread. Enough said.
- NO SHOUTY CAPITALS!
- Keep emails brief.
- Avoid greeting gaffes and close with courtesy.
- Abide by the "Sundown Rule".
- Be careful with "Reply All" and "Forward".
- · Rules for using "To" vs "CC".
- Be sure to attach your attachment.





Body Language (Blunders)

- · Watching the clock while talking to someone.
- Slouching during a conversation.
- · Turning yourself away from others.
- Rolling your eyes.
- Inconsistency between your words and your facial expressions.
- · Fidgeting with or fixing your hair.
- · Avoiding eye contact.
- · Eye contact that is too intense.
- · Crossed arms during a conversation.
- · Getting too close.
- Weak handshakes.







