

😊 RESPECTING OTHERS

At work you have to show respect to lots of people; customers, suppliers, fellow workers and of course the boss! However this can be a tough especially if you feel people don't respect you. This Challenge will help you think about this important issue.

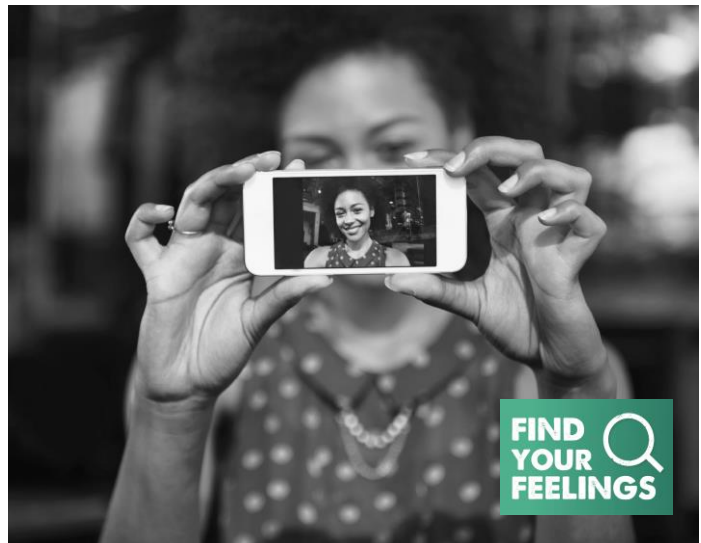
1 WHAT DOES RESPECT MEAN TO YOU?

How do we show we respect someone?

Do you think everyone deserves to be respected?

Who do you respect most and why?

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2 Discuss with your neighbour:

Do you think respect has to be earned?

Yes/ No /Depends

What happens when a company stops respecting its customers?

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Can you think of an example of a company which bombed after it was rude to its customers?

3 HOW DOES IT FEEL WHEN YOU ARE NOT RESPECTED?

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4 HAVE THERE BEEN TIMES WHEN YOU'VE HAD TO SHOW RESPECT TO SOMEONE WHEN PERHAPS YOU DON'T FEEL LIKE IT?

WHAT IS THE TRICK TO DOING THIS?



5 AT WORK HOW DO YOU SHOW RESPECT TO YOUR COLLEAGUES, CUSTOMER OR BOSS? (EVEN WHEN YOU DON'T FEEL LIKE IT)

What do you think is the most important things on this list?

- Using the person's name
- Being polite
- Showing you are listening carefully
- Not insult or name calling anyone
- Not speaking behind someone's back
- Treating people the same regardless of difference
- Using positive body language
- Asking questions and showing you are attentive
- Doing what you have been asked to do
- Controlling your emotions

List 1-10 in the order of importance with 1 being the most important to you.

WAYS TO SHOW AND BE RESPECTED AT WORK

1 Start with you!

Its not easy to treat others with respect if you don't respect yourself.

Be honest with yourself and recognise what makes you unique; your personality, your talents your principles, your history.

Do you give yourself the respect you deserve ?

2 Accept that everyone makes mistakes

Making mistakes is the way we learn, so learn to forgive yourself when you have made a mistake and respect others who have the guts to say sorry.

A good boss is a boss who says sorry when they are wrong!

6 Recognize when people disrespect you

You have a right to be respected at work and if someone doesn't give you basic respect, stand up for yourself and report incidents when you have been treated badly.

Do you spend time with the people who respect you?



3 Recognise and celebrate difference

When you start work you will have to work with lots of people different from you ! Sometimes those who are most unlike you turn out to be some of your best friends.

What will you learn from someone different from you ?

5 Try to promote others

We learn to respect others when we let go of the feelings of resentment and jealousy. It takes courage, but try to respect others who may be better than you at something and you will be surprised what comes back to you !

Who do you know who needs your respect?

4 Learn to handle criticism.

To have self-respect, you have to be aware of the person you really are and accept when someone is giving you helpful and constructive feedback.

Do you respect people who give you honest feedback?

How do we show respect to people in a non-work place?

How do people we respect earn their respect ?



RESPECT



Is there something you've learnt today about respect which will help you as you get ready to Facework?

How else could you show you respect people in their work this week?

What's the one thing you are going to work on?

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