



Dealing with difficult personalities

Everyone's personality has its own quirks and idiosyncrasies. In the workplace, you may have to deal with many different personalities, each with a unique set of positives and negatives. Learning how to get along with a variety of people will make you a better co-worker and employee.

When you tap into people's strengths and work productively together, you contribute to a work environment where everyone can thrive.



ACKNOWLEDGE THEIR CONTRIBUTIONS

It can be easy to identify the frustrating parts of someone's personality. But, everyone brings something to the table. If you focus on what everyone contributes, it can change your whole perspective.

Get in the habit of noticing what others do well or correctly. Say thank you, or send an email letting them know you appreciate them.

PICK YOUR BATTLES

Sometimes people just rub each other the wrong way. It's a normal and unavoidable part of life. At work, it's often better to let things go instead of getting upset over every irritation. There will be times when conflict is unavoidable. So, save your energy for when it really matters.

ASK QUESTIONS

Take the time to get to know and understand the people you work with. Find out how they work best so you can develop strategies for interacting with them. For example, if you know a co-worker is slow responding to email, choose another form of communication. Building on each others' strengths will decrease everyone's frustration and stress.