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## Relationship Building at Work

I have developed these four revelations or explanations for work colleagues to share with one another to facilitate healthy and successful professional communication and relationships.

In work situations, there is a need to develop relationships. However, a work or professional relationship is not the same as a personal relationship. Certain boundaries need to be observed in order for the work or professional relationship to be successful and appropriate. There may be underlying emotional or psychological issues that can interfere with successful relationships and successful communication. However, these personal issues are private matters and should be kept private. Work colleagues should not be required to reveal personal, emotional, psychological, or family issues as a condition of work. The following are four areas that are appropriate for work colleagues to share with each other.

How you can tell when I am stressed.

The worst way to approach me when I am stressed.

The best way to approach me when I am stressed.

The best way to approach me if the issue is potentially sensitive or upsetting.

While they are revealing, they are not therapeutically revealing. They will help facilitate more successful work and professional communication and relationships without delving into personal and private matters. Work is work and therapy is therapy. Appropriate work relationships and communication is not the same as personal intimacy.