

Working Together – The Challenge of EI

At sometime in our working lives we will work with someone we don't get on with. They may not be rude or a bully but essentially they may not share our values, our sense of humour or personality traits. This makes it difficult for us to empathise and 'like' them.

When we 'dislike' someone it is hard for us to disguise our emotions. We normally show emotional 'truths' that people who know us would recognise, such as not smiling as much, curt responses, being quieter than usual etc.

In a work environment it's important for success to be professional, setting aside your pride and ego and taking up the EI challenge.

Here are some ideas that may help:

Focus Awareness - Focus on the successful outcome of the work you are doing and the strengths the person brings to the project, not on their personality or the values they have.

Be respectful – Treat the person with courtesy and respect, as you would treat anyone else. Remember it is really difficult for someone to be rude or treat you badly if you do not give them any reason to do so.

Be assertive – If the other person is rude and unprofessional, then firmly explain that you refuse to be treated that way, and calmly leave the situation.