

Workplace Community

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Create a workplace community

Do you feel focused, energized and motivated in your workplace? Spending up to eight hours a day with colleagues and clients can be dynamic and fulfilling or soul destroying and draining. Either way it has a major impact on the quality of your day-to-day life.

Our expectations about what workplaces should offer have changed since the pandemic.

may even need help to recognize their own feelings of stress. However, they are dealing with the same issues that we all face.

Are there ways that you could help to create opportunities for your colleagues and your boss to connect and socialize?

By being interested in others you help bring out the best in them. Everyone wants to feel



A Workplace Community could be described as a group of individuals who share a mutual concern for one another's well-being.

Being part of a positive workplace community can provide a way for people to get through challenging times together.

The pandemic drew our attention to our need for social connectedness and the effect it has on our happiness and mental wellbeing.

Helping to create a caring workplace community and building relationships based on trust benefits everybody.

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People want to come to a place that feels like a community, where they can interact socially. So, although bosses have been trained to be dispassionate observers of their employees and to focus on systems with the aim of increased productivity, they are also responsible for ensuring the culture supports employee well-being. Bosses can be lacking the ability to empathize and they

valued and appreciated. Often people feel isolated and unheard but it only takes a few minutes to let them know they are part of the community and you have each other's backs.

See if you can help in some small way to create a sense of community in your workplace. Don't wait for others to do it.

Be the change You want to see!