This is an article focused on how to respect yourself at work, so you can be happier. To bring that understanding into the workplace, who comes to mind? You probably think about Marcus is big on emphasizing that “People are the most important thing.” But when you think about your own working environment, what comes to mind? The first example is probably shorter because it’s easier to understand. The second example is longer. Why? Because it takes more time and effort to write about something that you’re passionate about.

If you find yourself in a situation where you are feeling disrespected or finding disrespectful behavior personally and feel wronged or disrespected, it is important to communicate your feelings to the person who is being disrespectful. This may be done in a private setting or in a group meeting, depending on the context of the situation. It is important to keep in mind that mutual understanding about how to respectfully interact with others is key to creating a positive workplace environment.

Another important aspect of respect is recognizing and valuing the diversity of employees in the workplace. This includes respecting differences in race, gender, religion, age, sexual orientation, and other personal attributes. It is important to create an inclusive workplace where all employees feel valued and respected.

In summary, respect is a crucial element of creating a positive workplace environment. Employees should be encouraged to communicate their feelings and concerns to their supervisors, and supervisors should be proactive in creating a respectful workplace culture. By fostering respect, employees can be happier and more successful at work. While we cannot force others to respect us, we can choose to respond to disrespect with understanding and compassion.

For more information on respecting yourself at work, you may want to read the book “The Optimistic Workplace: Creating an Environment That Energizes Everyone” by Joel Wauters, Athletics Administration, Jennifer Jass, Mental Health Services, Robert Sales, UNI Dome Concessions, and Luke Bartlett, Recreation Services. This book provides practical strategies for creating a positive workplace culture and fostering respect among employees.