Ideas for improving relationships at work

Join extra-curricular activities to explore common interests

Have an open discussion about the gap

Being constant with your appointments and promises

Intimacy quite new to formalise this concept! Improve relationships by having fun together and building team relationships

meet the person behind the business persona, sometimes through an intermediary

personal approach and mentoring, motivating team members, building trust via informal relations.

team-building. business lunchs. mixing formal and formalities, learning professsional development needs, clearing up miscommunication.

Sharing some personal positive info -INTIMACY (hobbies)

Sit and have

discussion -

about what

the problems

an open

Lack of freedom. coworkers constant complains

I feel reluctant to share personal information online with colleagues and thus intimacy was out of the equation in my online communication

The boss does not know the job good, constraints the freedom

To start each meeting (team meeting or meeting with counterparts) with some social talk, a type of 'coffee break' discussions

Credibility - for a new joiner it is important to understand the leadership/manageme nt and the context and team culture

> **Explore** outside work

interests

Disputes

Zoom tiredeness and reluctance to just chat through it. Prefer to discuss job questions only and

are

some conflicts identifying some solutions

> **Active** listening which leads to empathy

what makes happycoffee, positive feedback from the head, support. promotions, appraisals, meeting with friends

Team-building activities. something to do together as a team.

Deadline-fake

To have one on one conversations and social chats to relax the tensions in the team and uncover hidden motives of