



HOW TO GET MORE RESPECT AT WORK

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WHAT IS RESPECT?

Respect is often associated with admiration or elevating someone to a “high” level. However, it’s more fundamental than that.

Respect is:

- A basic honor and regard for another person’s humanity.
- A recognition that each person contributes value.
- A belief that everyone deserves to be treated with dignity.

WHY IS RESPECT NECESSARY AT WORK?

- The workplace is made up of a diverse group of people.
- Respect is the foundation for productivity and engagement.
- It is an essential component of a healthy working environment.

WHAT DOES RESPECT LOOK LIKE IN THE WORKPLACE?

- Courteous and considerate interaction
- Acceptance and appreciation of differences
- Fair treatment
- Constuctive conflict

Friendship is NOT required.

You do not have to “like” a person to respect him/her...and vice versa.

STRATEGIES TO INCREASE RESPECT

To be respected, you have to demonstrate respectable behavior.

1. Give _____ it to get it.
 - Start _____ with respect; don't make people earn it.
 - Follow the Platinum Rule*.
 - Let minor irritations go.

**Recommended Resource: The Platinum Rule by Tony Alessandra*

2. **Respect Yourself** _____.
 - Monitor your mindset.
 - Watch your language.
 - Speak up about your value.

"No one can make you feel inferior without your consent."

Eleanor Roosevelt

3. **Set clear limits** _____.
 - Make direct requests.
 - Flex when appropriate.

WHEN RESPECT IS WITHHELD...

"The instant people perceive disrespect in a conversation, the interaction is no longer about the original purpose—it is now about defending dignity."

CRUCIAL CONVERSATIONS

Verify what you're experiencing:

- "Why would you say/do that?"
- "Can you explain what you mean?"
- "Maybe I misunderstood, but it sounds like you're saying..."
- "Maybe I misunderstood, but it seems like you're doing..."

At times, people are not aware that their words/behavior are disrespectful. You can show them respect by calling it to attention and helping them understand how their words/behaviors are interpreted.

AN INCONVENIENT TRUTH

Training people is like training dogs...It requires patience and persistence!

WHEN ALL ELSE FAILS...

What can you change? What must you accept? What is unacceptable?

REMINDER

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