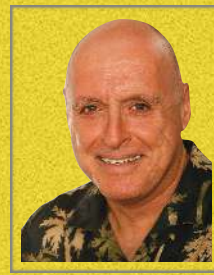


THE EXTRA POINT

BY JERRY ROBERTS



285 Ways to Get People to Dislike You at Work

Do you do things, whether consciously or unconsciously, that lead people to dislike you? I'm Jerry Roberts and today, I shall reveal to you 10 ways you might be doing just that. It's next up, on The Extra Point.

These are in no particular order but get ready and buckle up. This might get bumpy.

1. Taking too many selfies and posting, posting, posting to social media. Everybody else more or less follows the rules to keep phone use at least reasonable, if not minimized, but not you. Rules aren't for you, you post what you want, any time you want. And your coworkers don't love it.

2. Unloading all the horrible things that you say people have done to you, almost immediately upon meeting someone. It's not a good idea. Everybody has problems.

3. Not sharing anything. It's natural for workers to open up to each other over time, sharing life stories. However, some people refuse to reveal any personal information at all. Others may judge this as arrogance and lack of interest.

4. Humble bragging. It sort of sounds like you're being humble, but instead you're actually patting yourself on the back in an indirect manner. What if the person next to you said, "Everybody comes to me with questions. You have no idea how much of a burden it is to have a genius IQ."

5. Name-dropping. Okay, we know you know people. Stop trying to impress us. Once or twice is fine but if you do it all the time, maybe we're going to think you're a jerk.

6. Blaming others. If you make a mistake just step up and say so. If you're part of a team that drops the ball, no sweat — it happens. If

the first thing out of your mouth is to assign blame to someone else, that's not cool. We won't forget it.

7. Interrupting people. This just makes you look bad. Don't complete the sentences of others and don't cut them off. You're not some talking head on CNN or Fox, and paid to show bad manners.

8. Live in the present and get over the past. Everyone would like some do-overs for things they messed up along the road of life. You're not alone in that. Moaning about all of your lost opportunities is not a good look. Go out and make some new opportunities.

9. Stop criticizing. We get all we need from our friends on Facebook. To be flat honest here, a lot of people hate being around those who never have anything good to say about anything.

10. No preaching. Yes, we know you've worked here for a long time and you've seen it all. Just give me the facts and maybe a little opinion... a little — maybe — and then let me figure things out.

There are a lot of ways we can incur the wrath of folks at work. This is just a taste of it. If we could talk to your coworkers, what would they say you're guilty of doing?

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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