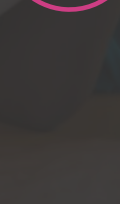


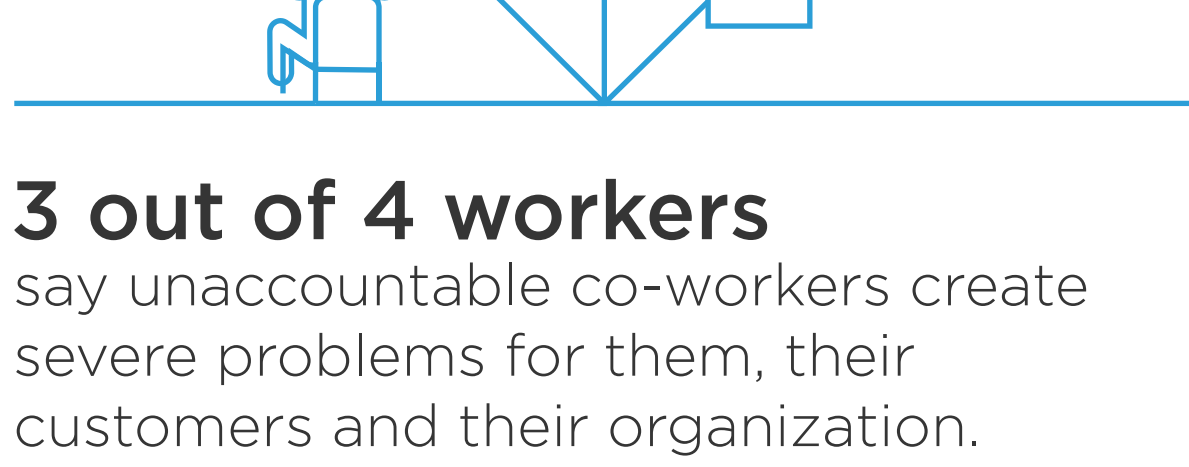
10 Ways To Be The Favorite Teammate At Work

10

We think it's a crying shame that 49% of people in mid-sized companies with more than 250 people on staff don't like their co-workers. The average full-time American employee works right around 1,700 hours per year. We believe that means there are about 1,700 reasons to personally make your work environment a better place. Whether you're working virtually, or in a traditional work environment, these are the ways you can be the favorite teammate at work.



1 Be Accountable



3 out of 4 workers say unaccountable co-workers create severe problems for them, their customers and their organization.

2 Get Real



95% of employees experience bad co-worker behavior such as passive-aggressiveness or deflecting blame.

3 Be a Friend



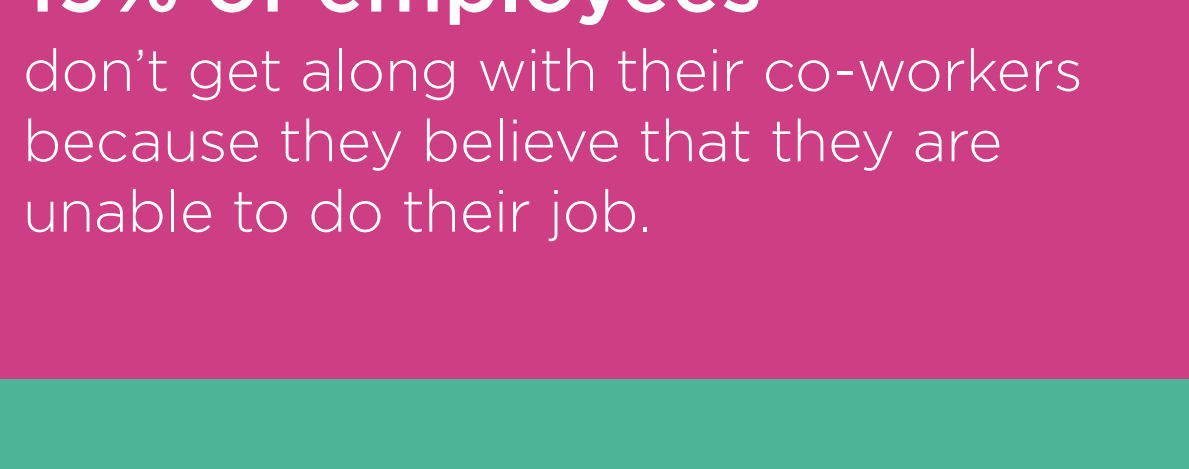
67% of employees cited "good relationships at work" as the main reason they stick around.

4 Get to Work



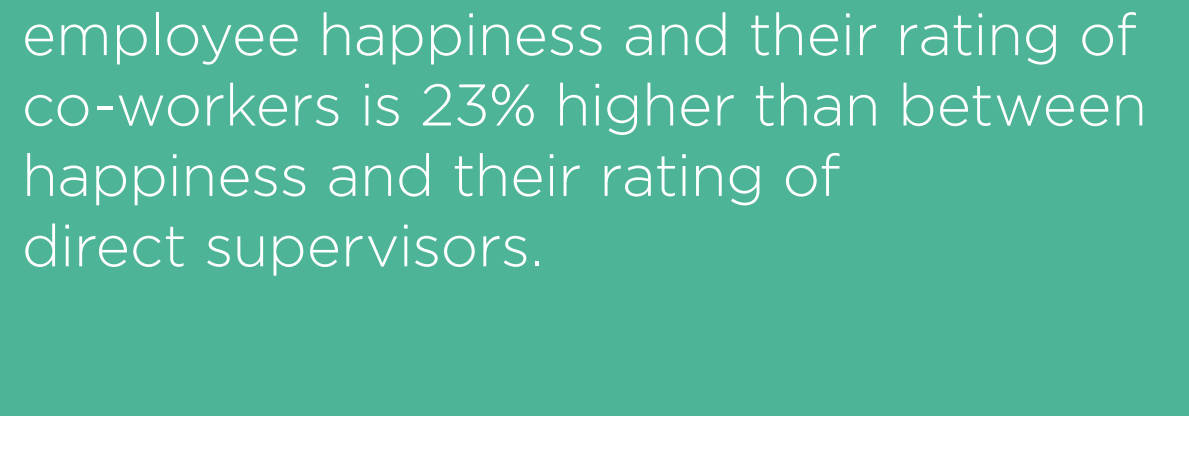
31% of employees dislike their co-workers because of their poor work ethic.

5 Ask for Help



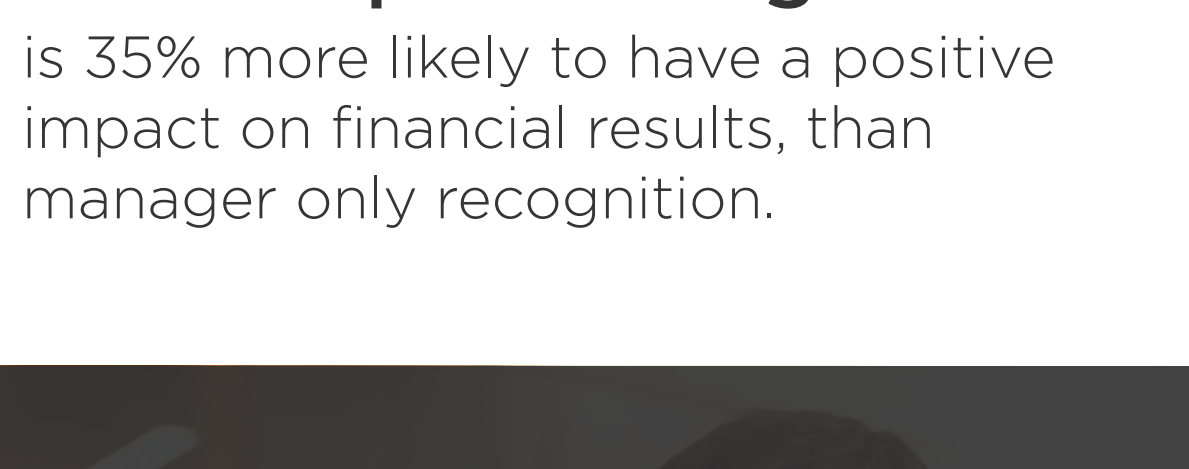
19% of employees don't get along with their co-workers because they believe that they are unable to do their job.

6 Be Positive



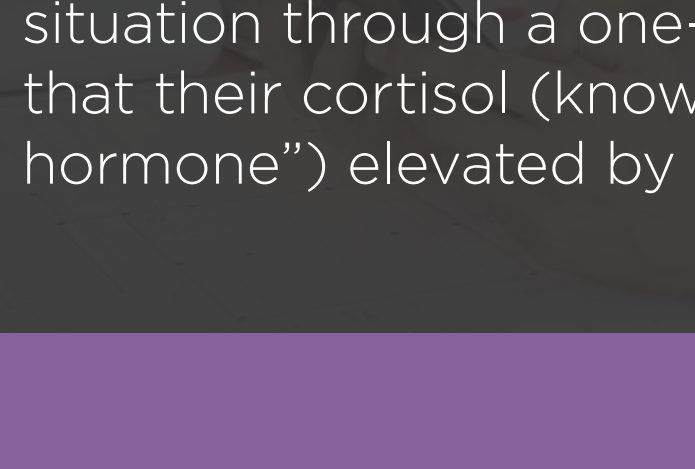
The correlation between employee happiness and their rating of co-workers is 23% higher than between happiness and their rating of direct supervisors.

7 Recognize



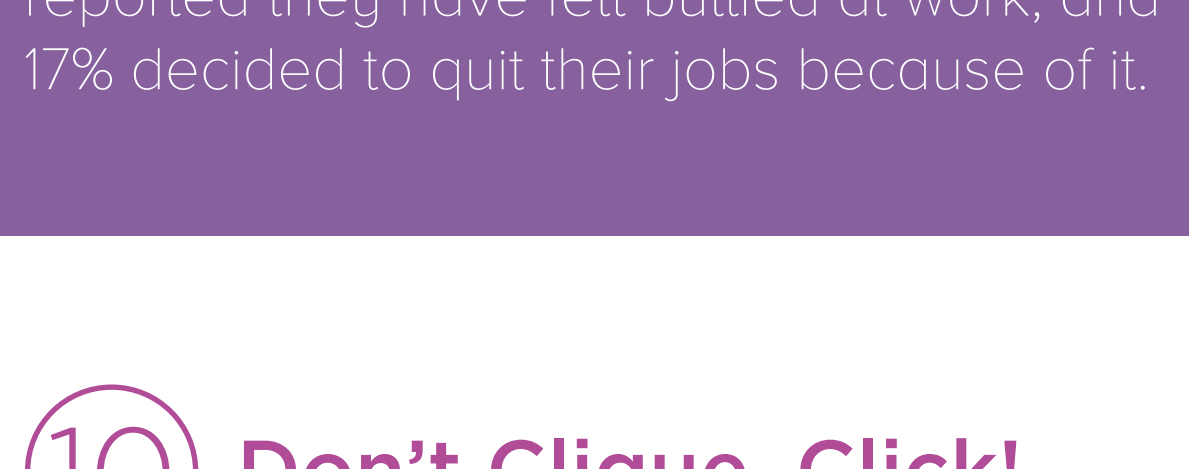
Peer-to-peer recognition is 35% more likely to have a positive impact on financial results, than manager only recognition.

8 Zen Out



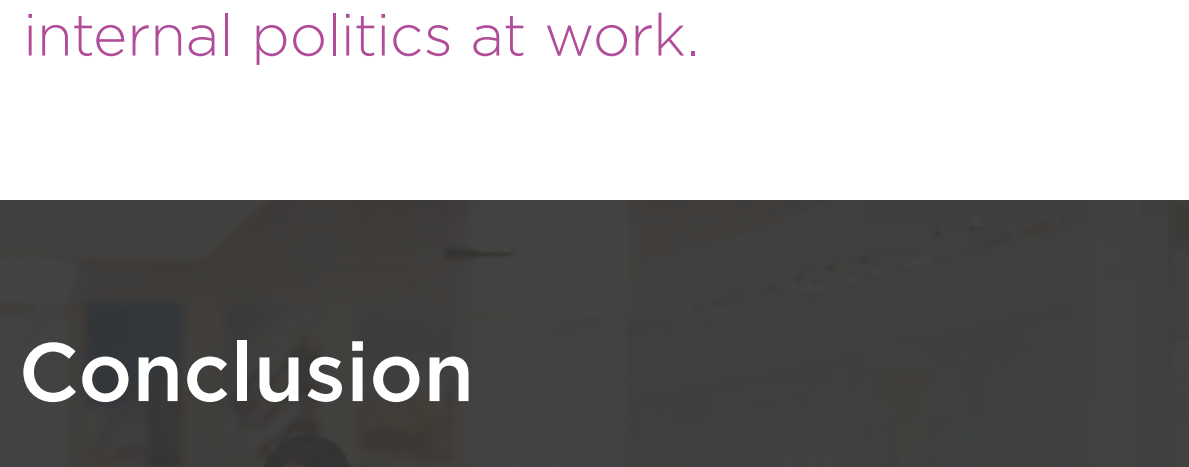
Stress is actually contagious A study in which participants had to watch someone endure a stressful situation through a one-way mirror, found that their cortisol (known as the "stress hormone") elevated by 30%.

9 Be Kind



35% of workers reported they have felt bullied at work, and 17% decided to quit their jobs because of it.

10 Don't Clique, Click!



35% of workers who are searching for other job opportunities are doing so because of internal politics at work.

Conclusion

We believe that those 1,700 hours can represent more than a paycheck. Creating and maintaining strong and successful teams is a big part of that. **Let's all make work a better place.**

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