Attitude at work-place

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**Attitude at work-place matters!**

Whether you are an intern in an organization or working full time after graduating from college, the important thing is to understand is that your attitude at workplace matters. Attitude at the workplace is the kind of behavior you need to have at the place where you are working. In the words of Winston Churchill, “Attitude is a little thing that makes a big difference.”

**Kinds of Attitude:**

There are basically two kinds of attitude. One is negative and the other is positive attitude.

**Negative Attitude:**

*Negative attitude is a real disaster at workplace. They dismantle teamwork, increase stress and cripple productivity. Negative attitudes will kill your natural abilities.*

**Positive Attitude:**

Positive attitude can relieve us from workplace stress. We start seeing things more positively enabling us to handle workplace problems more easily, increasing and enjoying productivity; better health. Positive attitude enhances leadership skills and helps in teamwork.

**Developing a positive attitude.**

**Overcome your fears:**

In order to have just the right kind of attitude, you need to overcome your fears. Do not hesitate to share your idea or implement a plan just because of the fear that you may get fired. So throw away the fears and feel confident.

**Create your career backup plan:**

Make sure that you always have a career backup plan ready with you at each and every point. This is because, no matter how much effort you are putting in or how much efficient you have always been in your planning, the chances of failure remain. Without a backup plan, you will feel stressed and tensed due to the fear of facing any kind of failure.
Energies your co-workers:

Motivate your coworkers whenever you feel that they have done a great job. This way your coworkers will behave nicely with you and automatically your attitude will also be positive towards them.

Be Appreciative:

Take time to appreciate the people you work with on regular basis. Let your coworkers know if you think they have done good job. Thank them if someone has helped you out.

Re-charge yourself:

Stop complaining about negative work attitudes and lend your own energy in creating a more positive atmosphere in the workplace. Besides, take break after certain intervals. Go on a vacation at least once a year.

Volunteer your time:

No matter how busy you are, take out at least five minutes to spare everyday to helps someone out. You also do voluntary or charity work on weekends, etc.

Practice random acts of kindness:

Every day, try to do something kind and helpful. You don’t have to do much but can show minor acts of kindness now and then during the work.

Look for Opportunities to have fun:

We all might know someone who can make anything fun and make time fly. Be that person as it will make others appreciate you.

Get a grip on yourself:

Control your frustration, be patient, offer prayers as it relieves stress and speak slowly, breathe deeply, choose to remain calm or excuse yourself from the discussion. Avoid being sarcastic or bitter.
Don’t gossip:

Never take part in gossiping and try finding something good in everyone around you.

Adopt good work habits:

One of the ways to achieve positive attitude is to adopt good work habits likewise enthusiasm for your work, efficiency and hard work, perfection in producing your work, punctuality or even coming to work early if possible, being easy to work with, friendly, confident, responsible, adopting professionalism and honesty with your work and your organization.

Eat healthy and exercise:

Quit taking caffeine and consume a healthy diet and lots of fluids especially water as it also helps us to maintain a good mood. Work out daily, go a long walk as it relieves stress and makes you feel better. A positive attitude is just as infectious as a negative one. Be careful about which one you are fostering.