

Respect in the Workplace

Regardless of your personal beliefs or political views, election results are an opportunity to review the importance of professionalism and a respectful workplace. Here are some basic rules of communication to help those with differences interact with each other:

- **Avoid rushing to judgments.**
- **Recognize when your own biases and stereotypes are influencing how you interact with others.**
- **Avoid thinking in an “us” and “them” way that promotes tension in the workplace.**
- **Be sensitive to religious, cultural, racial and social backgrounds of your coworkers.**
- **Avoid casual language that includes slang or jokes that are offensive.**

Cascade Centers, your Employee Assistance Program (EAP), reminds you that we are always a resource to you. If you are struggling in interactions with your co-workers or people in your personal life, please do not hesitate to call the EAP for support.

call: 800-433-2320

text: 503-850-7721

email: info@cascadecenters.com

cascadecenters.com