



Workplace Relationships and how MyCoach can help you

When you have good working relationships, it can make you feel happier at work, which can lead to increased engagement and productivity. Positive relationships at work also open the door for better communication, collaboration and help you to feel valued and respected. Many of us spend a significant amount of time at work, and having good working relationships is important for job satisfaction and to ensure work wellness.

Some conflict at work can be positive and this occurs when people communicate their differing views productively and constructively, whilst remaining respectful of each other's ideas and viewpoints. However, when negative conflict occurs, this can have a significant impact on a person's physical health, mental health and well-being.

How workplace relationships and conflict may be affecting you

What you may work on together with a MyCoach clinician

- Helping you to understand and identify the source of conflict.
- Exploring what you want to change in relation to the concerns raised.
- Exploring what has been done so far to manage the situation at work.
- Exploring options of support within your workplace to help manage this, e.g. your manager, HR.
- Helping you identify what is in / outside of your control.
- Learning different conflict resolution strategies.
- Helping you to feel more assertive and develop your communication skills.
- Exploring the impact of this situation on your physical health, mental health and wellbeing.
- Learning ways to manage the signs and symptoms of stress, anxiety and depression.
- Learning how to develop a healthier work-life balance and incorporate self-care into your routine.
- Learning about mindfulness and practising effective mindfulness techniques, such as guided meditation, breathing techniques and self-soothing techniques.

Positive outcomes from addressing workplace conflicts through MyCoach counselling

- Develop a greater understanding of conflict resolution strategies.
- Learn strategies to help you feel more assertive and develop your communication skills.
- Feel more in control of the situation and how best to approach it.
- Understand the options of support available to you within your organisation.
- Learn strategies to help reduce the impact of work-related stress, anxiety and depression.
- Develop a healthier work-life balance and routine, including learning strategies to help plan your work.

Please call us to book your first appointment with a MyCoach clinician. Support is available face-to-face or by telephone or video call.