

Healthy Workplace Relationships CHECKLIST

For each category or people you work with, how would you score your relationships at work?

My team

8/10	James	_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____

Other departments

8/10	Danni	_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____

Key senior leaders

3/10	Joe M	_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____

People outside of my organisations

1/10	Sue E	_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____

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For any names listed on the previous page below an 8, what's one thing you could do to improve the relationship?

Joe M - take out for a coffee and explain what I'm working on, where I am struggling (be vulnerable), point out where I think he could help and ask if he would be willing to lend me a hand.

If only one of these relationships were better, which would make the most meaningful impact?

Now, go on, take that step to improving that relationship.

Can the relationships in your team be better? If so, I can help. Contact me on:

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