

Getting on with people

validium.com

We communicate and interact with people every day so it can be really beneficial for us all if we actually get on with them too!



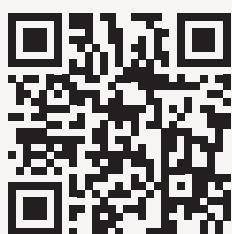
Often known as good 'interpersonal' or 'social' skills, the ability to get on with people can have a positive impact on many aspects of life, often leading to better understanding and happier relationships, both professionally and personally. Getting on with people also makes us feel good, reduces stress and can enhance feelings of self-worth. However, there are plenty of situations where we don't know, or may not particularly like, the person we are dealing with, but still need to get on with them to get the job done or achieve our own personal goals.

Like all life-skills, we can learn how to get on with people better and there are plenty of ways to put this into practice so that over time it becomes second-nature. Firstly, think about the image you project to others so that they also want to get on with you! Being polite and considerate in your dealings with others can help to avoid conflict or arguments, and smiling and making eye contact when you speak will help you to be seen as friendly and approachable. If the thought of talking to new people makes you anxious, take a few deep breaths to compose yourself and try to have a couple of easy-to-answer questions in mind so that there are no awkward silences to make you feel worse. If you appear to be interested in the other person, they will be put at ease and be more willing to engage with you. Remember the words of the Irish poet WB Yeats:

"There are no strangers here, only friends you haven't met yet".

Top tips to get on with people:

- Treat others as you would like to be treated. Always. It's not easy, but it's worth it.
- Smile. Be open and friendly to everyone.
- Speak in a calm, confident tone. How you say something often counts for more than what you actually say.
- If you promise to do something, make sure you do it. Being unreliable is annoying.
- Be polite. Say please and thank you, praise others for good work, pay compliments and look for the positive in people and situations.
- Make their day! Be genuinely interested in other people so that they feel that they are of importance.
- Everyone has problems and issues, possibly worse than your own, so don't constantly moan or be negative.
- Keep an open mind. You can always agree to disagree without being disagreeable.
- Don't be a gossip. It is a waste of valuable time and can be extremely destructive.
- Be mindful of other people's feelings. Harsh words can cut like a knife. Be gentle.



0800 3 58 48 58

Outside UK: +44 141 271 7179

For online support join vClub at validium.com

Username: [NetworkRail](#)

Password: [onlinesupport](#)



Confidential
Service

 **validium**
INCREASING WORKFORCE VALUE