

# Getting on with people

Treat others as you would like to be treated

Be polite

Don't whinge

Keep an open mind

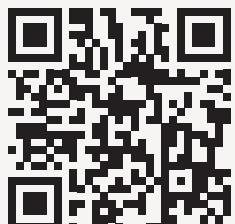
Be mindful of other people's feelings

Smile. Be open and friendly to everyone

If you promise to do something, make sure you do it



Remember that if you need some support to get on with people, whether in your relationships at home or at work, the Validium helpline is available 24/7



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For online support join vClub at [validium.com](http://validium.com)

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