# Workplace Behavior and Professionalism: Keys for Job Success

Satellite Conference and Live Webcast Thursday, May 31, 2012 10:00 – 11:00 a.m. Central Time

Produced by the Alabama Department of Public Health Video Communications and Distance Learning Division

#### **Faculty**

Debra Nickolson Coordinator of Customer Relations Behavioral Health Systems Birmingham, Alabama

This presentation is part
of the services provided
by the Alabama State
Employee Assistance Program by
Behavioral Health Systems, Inc.
The Alabama EAP is administered
and managed by the
Alabama Department of Finance's
Division of Risk Management.

If you have questions regarding the policy, procedures or services provided by this program, contact Sam Boswell. sam.boswell@finance.alabama.gov

You can also find more information about the State Employee Assistance Program on the Division of Risk Management's website: www.riskmgt.alabama.gov



#### **Objectives**

- Why manners matter in the workplace
- Communicating effectively with appearance
- Telephone, voicemail and email courtesy
- Cubicle conduct

#### **Objectives**

- Multi-cultural awareness
- · Disability awareness
- Being a professional from the inside out

# Why Do Manners Matter in the Workplace?

- Workplace etiquette will help you gain:
  - -Respect
  - -A positive image
  - -Trust in the eyes of others

## Communicating Professionally with Appearance

## How to Communicate Professionally with Appearance

- Dress appropriately
  - -Keep it understated
  - -Keep it neat
  - -Keep it clean
  - -Don't reveal too much

# How to Communicate Professionally with Appearance

- Dress for the season and the time of day
- -Don't be a fashion victim

The Etiquette Advantage in Business,
Second Edition, Peggy Post and Peter Post

# **Effects of Maintaining a Professional Appearance**

- According to The Etiquette Advantage in Business:
  - Co-workers, potential clients and existing customers are more eager to work with someone who is well dressed
  - Professional-looking individuals have a better chance of advancing their careers

#### **Workplace Phone Etiquette**

#### **Phone Etiquette**

- Business telephone etiquette can make you or break you in the business world
- These are the 3 components of business phone etiquette
  - 1. The way you sound
  - 2. The way you act
  - 3. The way you treat people

#### **Phone Etiquette**

- · The way you sound
  - -Let your voice warm up
    - If you are expecting a long phone call have some water handy to help prevent dry mouth and coughing
  - -Avoid having one tone

#### **Phone Etiquette**

- -Focus on what you are saying
  - To stay on track make notes before, during, and after the call

#### **Phone Etiquette**

- The way you act
  - -Put some energy in your call
  - -Do one thing at a time
    - Do not perform any activity that can be heard by the caller
      - Eating chips or smacking bubble gum

#### **Phone Etiquette**

- The way you treat people
  - -Be pleasant
    - Remember to say: good morning, good afternoon, thank you and, if appropriate, thank you for your time

#### **Phone Etiquette**

- -Follow the golden rule
  - Treat all callers the way you want to be treated

#### **Workplace Voicemail Etiquette**

### Voicemail Etiquette: Recording a Greeting

- Your greeting should be concise and to the point and contain these components:
  - -Greeting
  - -Your name
  - Your company name and/or department name

### Voicemail Etiquette: Recording a Greeting

- -Statement that you cannot take their call right now
- -When they can expect a return call
- Who they can contact for immediate assistance (if applicable)
- No longer than 20 25 seconds (rule-of-thumb)

## Voicemail Etiquette: Leaving a Message

- · Speak clearly and slowly
- Be sure to leave your name and phone number
  - It's best to say it at the beginning and end of your message
- Keep messages short and to the point

#### Voicemail Etiquette: Leaving a Message

- Remember that you want to leave the person you are calling with a good impression of you
- Leave the date, time you called, and best time to call you back in the message
- Cover one topic per message

## Workplace Cell Phone and Email Etiquette

#### **Cell Phone Etiquette at Work**

- Avoid checking your cell phone or smart device during a business meeting
- Notify the presenter before the meeting begins if you're expecting an urgent call
- Turn your cell phone on silent whenever possible before entering a presentation or meeting

#### **Cell Phone Etiquette at Work**

- Carefully select a discreet ring tone and set your ringer volume on the lowest setting possible
- Remember to include an email signature for all email messages you send/reply to via phone

#### **Cell Phone Etiquette at Work**

- Don't text or email during a business meeting or presentation
- Don't update social networks during a business meeting
- Don't bring personal cell phone calls into the office when returning from your lunch break

#### **Cell Phone Etiquette at Work**

- Don't deck out your cell phone in tacky cases
- Don't assume clients or co-workers text
- Don't send out mass text messages or photos to your entire contact list

#### **Email Etiquette**

- Reread your email before it goes out
- Do not use all CAPS in your emails
- If you are sending an attachment, mention it in the body of your email
- Avoid using abbreviations
- Use proper punctuation
- Be concise and to the point

#### **Email Etiquette**

- Reply to messages in a timely manner
- Ignoring workplace email etiquette can have a very high price tag associated with it
  - -It could cost you your career

#### **Cubicle Etiquette**

#### **Cubicle Etiquette**

- If something is private, keep it that way
  - The entire office does not need to hear about how good or bad your date was last night

#### **Cubicle Etiquette**

- Be considerate of other people's sense of smell
  - Fish, popcorn, bacon, perfume and lotions are all examples of items that may smell good to you but not to your neighbor

#### **Cubicle Etiquette**

- · Decorate with taste
  - Blinking lights, risqué pictures and political posters should be left at home
- Be aware of your voice
  - -Remember to use your "inside voice"

#### **Cubicle Etiquette**

- · Respect others privacy
  - -When your neighbor hangs up the phone – do not immediately say, "well, you should have told them..."
- · Use the golden rule
  - When in doubt, always act the way you would have others act

# **Cultural and Disability Awareness in the Workplace**

#### **Cultural Awareness**

- Cultural knowledge
  - Take time to learn about your co-worker's culture
- Put cultural knowledge to use
  - Share what you know about someone's culture and ask questions

#### **Cultural Awareness**

- Listen
  - Pay attention to your co-worker when they take time to explain their culture to you
- Overcome stereotypes
  - Use knowledge learned from your co-worker to overcome stereotypes

### Disability Awareness and Etiquette: Communicating

- Do not say:
  - -Handicapped
- · Instead say:
  - -Person with a disability

## Disability Awareness and Etiquette: Communicating

- Do not say:
  - -Crippled or lame
- Instead say:
  - -Person with a physical disability

### Disability Awareness and Etiquette: Communicating

- Do not say:
  - -The blind
- Instead say:
  - -Person who is visually impaired

# Disability Awareness and Etiquette: Communicating

- Do not say:
  - -Hearing loss
- Instead say:
  - -Person who is hard of hearing

# Disability Awareness and Etiquette: Communicating

- · Do not say:
  - -Mute
- Instead say:
  - Person who communicates differently

# Disability Awareness and Etiquette: Communicating

- Do not say:
  - -Nuts or crazy
- Instead say:
  - -Person with a psychiatric disability

# **Disability Awareness** and Etiquette: Interacting

- Ask before you help
- Be sensitive about physical contact
- Think before you speak
- Don't make assumptions
- Respond graciously to request

### How to Be Professional from the Inside Out

### Being Professional from the Inside Out

 True professionals possess a number of important characteristics that they can apply to virtually any type of business

### Professional Characteristics that Add to Job Success

- Appearance
  - -Professional and neat
- Demeanor
  - Polite, calm, well-spoken, confident but not arrogant

### Professional Characteristics that Add to Job Success

- · Reliability and being on time
  - Having follow through and responding promptly to requests

### Professional Characteristics that Add to Job Success

- Competence
  - Attaining related professional certifications and continuing to learn about your field
- Ethics
  - Abiding to both personal and professional ethics

### Professional Characteristics that Add to Job Success

- · Maintaining poise
  - Ability to maintain composure in difficult situations

### Professional Characteristics that Add to Job Success

- Organizational skills
  - -Neat and organized
- Accountability
  - -Owning up to mistakes
- Good attitude
  - -Everyone loves a positive attitude

### Professional Characteristics that Add to Job Success

- Ability to motivate
  - Praise in public and criticize in private



### 业出

#### **BEHAVIORAL HEALTH SYSTEMS**

24 Hours a Day • 7 Days a Week Emergency Access 800-245-1150 • 205-879-1150 www.behavioralhealthsystems.com