

HOW TO BE A GOOD WORKMATE

We spend as much time at work as we do at home. If you think your workmate's not doing too good, reach out to them:



01

Send your workmate an email, a text or go “old school” and pick up the phone. Let them know you're keen to catch up.

02

Sort out a time to meet soon and get it in the calendar.

03

Move. Getting out of the office for a walk and chat can feel great, plus many guys talk more openly when they're doing stuff together, shoulder-to-shoulder.

04

If you or your workmate wants to chat about something tough, be there and listen.

05

Share what's happening with your own work and life too. It's amazing how much better we feel when we talk about the real stuff. Why not make it a regular thing...