

# HOW TO BE A GOOD WORKMATE

We spend as much time at work as we do at home. If you suspect something's up with a workmate, reach out to them:



01

Send your workmate an email, a text or give them a call. Let them know you're keen to catch up.

02

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

03

Move. Getting out of the office for a quick walk to talk 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 talk about something serious, 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...