

# HOW TO BE A GOOD COLLEAGUE

Most of us spend as much, if not more, time at work than we do at home. If you suspect something's up with a friend in the office, reach out to them.



01

Send your colleague an email, a text or give them a call. Let them know you'd like to casually 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 walk to talk can feel great. Plus many men talk more openly when they're doing activities together, shoulder-shoulder.

04

If you or your colleague wants to talk about something serious, be present and listen.

05

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