GOSSIP: Harmless chitchat or poisonous chatter?

Workplace gossip can:

- Increase anxiety
- Amplify strained relationships/situations
- Diminish staff morale
- Eat away at trust
- Drive a wedge among employees
- Hurt feelings
- Ruin reputations
- Cause a loss of productivity
- Increase absences from work
- Lead to stress related ailments

Tips to avoid & stop workplace gossip:

- Walk away
- Change the subject
- Don’t start gossip yourself
- Professionally address others directly when they are gossiping about you
- Think before you speak
- Speak privately
- Work hard and build a solid reputation

Remember workplace gossip is NEVER harmless Chitchat!!!!!!

Idle chitchat can easily turn into poisonous chatter and create an “unhealthy” work environment. Be alert to the signs/symptoms and do your part to STOP workplace gossip.