

Is it necessary?



Is what I am about to say true?



Is it harmless?

Stressful?



Poisonous Chatter?



Harmless Chitchat?



Frustrating?



Depressing?

Productive?



Hurtful?



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.