

A PLEDGE OF OPTIMISM IN THE WORKPLACE

by:

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It is a normal concept to have problems encountered in the workplace. All workplaces will have their good and bad sides. As the teachers would have it in their classrooms, they handle 40 – 50 students with different behaviors, different attitudes, and different perspectives in life. Having the principle of individual differences, the teacher and the students would have to deal with 40 – 50 different people plus the teacher making it 40 – 51 individuals interacting with one another for 6 to 8 hours a day and sometimes even longer. These differences bring in possible inconveniences.

The same is true in the office or at any workplace. The workforce is constituted of varied people coming from different walks of life. Even if there is a common goal of attaining the profit target or a common task that all have to perform, still the matter of individual differences would be observed as to how the workers will behave and respond to the instructions given to them by the higher authorities. These would result in problems and concerns within and among the workforce. The office administration of any school would also share the same sentiments and experiences for sure. The interactions among the clerks, the admin assistants, and the principal would revolve around compliance with duties and responsibilities, task accomplishments, and respect to colleagues and to the superior all while performing all sorts of tasks during the day. Having miscommunications, misconceptions, and misunderstanding is usual to occur.

Even if such circumstances are inevitable in the workplace, there is hope in either avoiding them or managing them once it happens. It all boils down to having a positive outlook in the workplace. This all sums up to the level of optimism that a person

possesses. And by level, it means that every person has his/her own unique level from the highly optimistic to the lack of it.

Positivity can be practiced and there are ways of implementing it. Optimism can be achieved by seeing the good side of everything and everyone. This does not mean to innocent and vulnerable. Instead, it means that everything that happens always has it good effect no matter how bad it may seem. At any consolation, an incident will give way to something positive as a result.

It can also be practiced by simply lowering expectations with others and with the self. Do not pressure or even stress yourself too much. Because at the end of the day you can only do as much as you could do and not all of it can be done in one day.

Lastly, always consider that everybody has their own burden, emotional baggage that they can let go of. And these excess baggage are often brought to the work area. By understanding their situation, adjusting, and helping the person overcome it, a positive work atmosphere will be achieved by displaying a positive outlook in the workplace and in life.

By exercising all of these, it is sure that a good, comfortable and healthy work environment will be achieved. So, starting from now, might as well make a pledge of exercising optimism in your workplace.

References:

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