Combat Negativity in the Workplace With Prevention

Here are some tips to help minimize negativity in your workplace:

+ If a decision is made about changes to an employee’s job, always request their input. Changes to an employee’s position without prior notice are often viewed as negative.
+ Allow employees to express their opinions about workplace issues, such as benefits, dress codes, overtime, flex plans, etc.
+ Provide structured leadership, and help employees understand how their job plays a part in the company’s big picture.
+ Offer job training, incentives, promotions and other various opportunities for employee growth.
+ Always be consistent and treat all employees fairly.
+ Provide recognition and rewards for jobs well done.

Are You Suffering From a Case Of the Burnout Blues?

High stress and a sense of loss of control over one’s life and career contribute to burnout. Here are some factors to watch out for:

+ Expectations of a greater workload and longer hours.
+ Sleep deprivation due to work-related stress or overtime.
+ Over-scheduling, loss of predictable income, or a loss of trust and respect of your professional role.
+ Competitive pressures force your company to decrease costs while still attempting to increase “quality.”
+ Difficulty or inability to find an equal balance between your personal and professional life.
+ Decreased company or peer socialization and collegiality.
+ A lack of positive and timely feedback from management.
+ Difficulty in saying, “no,” whether at work, home or in the community.
+ Unrealistic expectations from customers or employees.

GCSAA SEMINARS

TUESDAY, JANUARY 28
“Strategic Planning for Golf Course Operations”
RADISSON SOUTH HOTEL
BLOOMINGTON, MINN.
INSTRUCTOR: JOHN MILLER, CGCS

WEDNESDAY, JANUARY 29
“Effective Use of Soil Amendments”
RADISSON SOUTH HOTEL
BLOOMINGTON, MINN.
INSTRUCTOR: MAX SCHLOSSBERG

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