

30 ways to change a day in the office

Are you ever clueless on how to reach out to your co-workers?

Here are 30 ways young professionals can take the lead in building relationships with others. Why not challenge yourself to initiate one of these items next week and see what happens.

1. Put \$30 a month aside to spend on reaching out to others
2. Invite a co-worker to lunch
3. Write a note of encouragement on personal stationery
4. Bring bagels to the office on Mondays
5. Learn how not to participate in office gossip
6. Affirm someone publicly for good work
7. Offer to get someone coffee
8. Go to a game together after work
9. Send a birthday note
10. Get to know the secretaries and administrative staff
11. Give a gift certificate for some ice cream
12. Offer to make copies on your trip down the hall
13. Get to work 10 minutes early so you can be relaxed, not rushed
14. Get to know the name of a spouse and kids
15. Cut out an article of interest for a co-worker on their hobby
16. Invite some co-workers over for a BBQ
17. Offer to pray for a need that is expressed
18. Bring some extra dessert back from lunch
19. Work out together
20. Meet early for some breakfast
21. Find out one of the primary goals they have in life
22. Give them a CD that they like
23. Ask for some advice on a problem you are facing
24. Be interruptible
25. Write a note to their supervisor on a job they did well
26. Invite them to participate on a service project with you
27. Help them grow in a professional skill
28. Get on their turf. Go do something that they enjoy doing.
29. Give a 110%; your work ethic matters.
30. Confess and ask for forgiveness when you are wrong.