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HOW TO DEAL WITH ANNOYING CO-WORKERS

Career Coach, Speaker and Author Ford Myers Offers Tips on How to Stay Mentally Healthy Despite the Annoyances of Co-Workers

Haverford, PA (July 19, 2016) – Do you work with one or more co-workers who **SERIOUSLY** annoy you? Is there someone in your office whose habits and behavior patterns just “drive you crazy?” When you’re working eight hours a day in close quarters – or even in cubicles – some would say that it’s only a matter of time before some of your colleagues will really start to get on your nerves. This problem is much more common than you might think!

Ford R. Myers, Career Coach, Speaker and Author of “Get The Job You Want, Even When No One’s Hiring,” (John Wiley & Sons, <http://www.getthejobbook.com>) says, “It’s hard to believe that some individuals can be so unaware of how their behaviors are affecting others in the workplace. Yet, we see these sorts of issues at almost every company!”

Myers’s offers the following three techniques to stay focused on your work – despite the influence of annoying co-workers:

1. Annoying co-workers impact your productivity:

Annoying behavior, and the interoffice bickering it often creates, can be costly. If the annoying behavior doesn’t stop, it will definitely decrease your productivity. You’ll do just about anything to avoid the annoying person, which can keep important work from getting done. You’ll be frustrated and grow more unhappy on the job, so you’ll probably start arriving at work later and leaving earlier than usual – which also diminishes productivity.

2. Annoying co-workers affect your morale:

If you can resolve the issue with the perpetrator within a reasonable period of time, your morale shouldn’t be affected very much at all. But if your complaints go unanswered, and nothing is done about the problem, you may become very disillusioned and demoralized. Nobody likes to be in a work situation where they don’t feel listened to.

3. What you can do if this situation becomes extreme:

Your best approach will be to diplomatically let your colleague know that some of his or her actions are annoying you. Believe it or not, the person who is displaying this annoying behavior simply may not be aware of what they’re doing! Once he or she hears your complaint, the offending habits may simply stop.

After trying to address the issues directly with the annoying co-worker, if that doesn’t work, take your comments to management. At that point, it’s really the responsibility of the department supervisor or the senior manager to address these kinds of problems.

If your complaints continue to “fall on deaf ears” and nothing changes, try to get transferred to another department or function. And if THAT doesn’t work, it’s probably time to look for a new job at a different company!

For more information and other useful tips for achieving career success, visit

<http://www.getthejobbook.com>.

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PHOTO LINKS: A headshot of Ford R. Myers and an image of the GET THE JOB book cover can be downloaded at the bottom of: <http://www.getthejobbook.com/ford-myers-media/>.

FORD MYERS’S YOUTUBE CHANNEL: <https://www.youtube.com/user/careerpotential>

ABOUT: Ford R. Myers is President of Career Potential, LLC. His firm helps clients take charge of their careers, create the work they love, and earn what they deserve! Ford has held senior consulting positions at three of the nation’s largest career service firms. His articles and interviews have appeared in many national magazines and newspapers, and he has conducted presentations at numerous companies, associations and universities. In addition, Ford has been a frequent guest on television and radio programs across the country. He is author of **Get The Job You Want, Even When No One’s Hiring**. More information is available at: <http://www.getthejobbook.com> and <http://www.careerpotential.com>.

AVAILABILITY: Greater Philadelphia Area; nationwide by arrangement via telephone. Available for interviews in print, television and radio.