



# Four Tips for Dealing with Difficult Coworkers

Sometimes, your coworkers will annoy you or get under your skin a bit, but what happens if you must deal with a truly difficult workplace peer? Learning to deal with difficult coworkers professionally is a skill worth working on, as not only will it help you feel better when you're around difficult people, but it will also help you get along well with your team. Next time you're stuck with a problematic coworker, try using these four tips to remedy the situation.



## Get Comfortable with Healthy Conflict

Most people don't like conflict. Some even avoid it even if it means they're miserable or uncomfortable. However, healthy conflict is something you should get comfortable with. Confronting a difficult coworker might not always be easy, but when done in a professional and healthy manner, it can lead to resolving issues that are mutually beneficial.

Whether you need to confront a coworker about sloppy work, missing deadlines, sharing credit, or anything else that makes them difficult, it's crucial to do it in a way that doesn't attack them or come off as overly negative.



## State How You Feel

It might be as simple as your coworker doesn't realize what they're doing - or not doing - is making your life more difficult, and if you don't tell them, they will never know. Take the time to professionally confront them and state how their actions or behaviors are affecting you. This usually will resolve the issue. If it doesn't, it may be time to involve HR to help remedy the situation.





## Focus on Building Relationships with Your Coworkers

Building relationships with your coworkers has a considerable impact on your overall satisfaction at your job. When you focus on building effective relationships with your coworkers, it's less likely that there will be difficulties or disagreements. Building relationships with your coworkers often leads to more overall positive interactions between you and your colleagues!



## Avoid Gossiping

Gossiping is a slippery slope between truth and speculation and often runs rampant in many workplaces. Gossiping about your coworkers and what they do that annoy you or even make your life difficult is no way to solve the underlying problem. Often, gossiping can cause a small issue to snowball since it gets embellished and details get added or subtracted. Avoid gossiping and instead, take the time to professionally confront your coworker on how their actions or behavior affect you and your work.

Dealing with a difficult coworker doesn't have to be hard or something that gets swept under the rug. Use these tips the next time a difficult coworker affects your work; if the problem isn't resolved or can't be handled between the two of you, it may be time to involve HR.

### About EG Workforce Solutions

We've been in this business for decades and have developed a deep network of professional connections. Whether they're companies looking for talent, job seekers looking for work, or an up-and-coming store in need of some temporary help, we know the right people to bridge the gap between the hiring and the hired.

But what's more, we get to know people. From employers hiring to candidates looking, we take the time to listen and learn. We hear your likes, talents, and needs. We gain an understanding, and with it, we're able to facilitate lasting relationships between businesses and people.