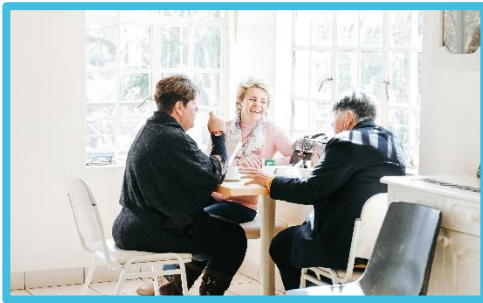


# Tip sheet

## Making friends at work

Making friends at work can do wonders for your job satisfaction and wellbeing. Not only does it make the workday more enjoyable, but it also builds a supportive environment that can help you thrive professionally and personally. Here are some tips to help you build meaningful friendships with your colleagues.



### Benefits of workplace friendships

#### Improved mental health

Having friends at work can reduce stress and increase happiness.

#### Enhanced job satisfaction

Positive relationships can help you look forward to coming to work each day.

#### Increased productivity

Collaboration and communication improve when you have strong relationships with your colleagues.

#### Better teamwork

Trust leads to more effective teamwork and problem-solving.

### Building friendships at work

#### Start with small talk

Break the ice by chatting casually about light topics like your weekend plans, TV shows or what you're having for lunch. Small conversations can lead to deeper connections over time.

#### Practice active listening

Pay attention to what your colleagues are saying. This shows respect and that you value their opinions and experiences.

#### Find common interests

Whether it's a shared love for sport or a mutual fondness for a particular book, bonding over something you both enjoy creates a natural friendship.

#### Offer help

Be approachable and offer assistance when someone seems overwhelmed. People tend to remember those who lend a helping hand.

#### Join social events

Office get-togethers, coffee breaks or after-work drinks are perfect opportunities to socialise. Don't be afraid to show up and join the fun.

#### Be inclusive

Extend personal invitations to your colleagues. Even if you're already part of a group, inviting others makes everyone feel more welcome.

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