Humanizing the Workplace



What Can a De-Humanized Workplace Look Like?



- Closely tracked productivity monitored through technology
- Non communicative management (except when things go wrong)
- Flawed assumptions about what motivates employees
- Narrow thinking through a hierarchical mindset (us versus them)
- Promoting managers with low El, not addressing the interpersonal problems
- Continuous churn
- Lack of clarity, settling on reacting to the moment



What is the biggest reason employees leave your company?

- Pay. #1
- Feeling disrespected at work. #3
- Lack of flexibility with hours. **#5**
- Benefits. #6
- Lack of Career Growth. #2
- Child Care. #4
- Wanting to relocate. #7
- Working too many hours. #8





New Buzz: The Quiet Resignation

- "Quiet Quitters" make up at least 50% of the workforce.
- 2nd quarter 2022:
- 32% of workers engaged
- Actively disengaged 18%
- Employees below age 35
- Very dissatisfied
- Don't feel cared about





Source: Gallup Workplace, September 2022

On a Personal Level... Living in This World of Perpetual Stress

Do you:

5

- Feel responsible for others' well being? Are you advocating for others?
- Listen with empathy?
- Feel respected and admired by others?

BEWARE! You could be a Toxic Handler.

Transfer of stress is relentless.

Others' toxic situations could be absorbed by you.

You could become physically ill and burned out.

Source: Toxic Emotions at Work, by Peter J. Frost (2003)







1. Re-engage the Workers.



- Check with your managers. Are they engaged?
- Managers should learn how to have these conversations with workers.
 - What are the employees' pain points?
- Regular 1-1s with employees for 15 30 minutes
 - At least weekly check ins
- Accountability for individual/ team performance



Source: Gallup Workplace, September 2022

2. Keep Workers Happy



- Communicate with Active Listening.
- Lead with Empathy.
- Offer Flexibility.
- Cultivate Culture and Engagement.

Source: The Great Resignation: How to Keep Employees Happy and Prevent Burnout, by Amy Vetter (September 2021)



3. Create a Compensation Plan.



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4. Don't accept dysfunction in your culture.



- A Toxic Culture is...
- The strongest predictor of attrition & 10 times more important than compensation.
- Unstable.
- Going to show a lack of desire among leaders for employees' career prospects.
- Failing to recognize performance.
- Weak leadership.

Source: Toxic Culture is Driving the Great Resignation, by Donald Sull, Charles Sull, and Ben Zweig (2022)



5. What can you do to change the mindsets?



Short term:

- Provide opportunities for lateral job moves.
- Sponsor corporate social events.
- Offer remote work options if it's feasible.
- Make schedules more predictable for front-line employees.
- Help employees who feel burned out.

Source: Toxic Culture is Driving the Great Resignation, by Donald Sull, Charles Sull, and Ben Zweig (2022)



6. Long Term Cultural Imperatives



- Address Training
- Keep workloads reasonable
- Supervisors show respect
- Support work/life balance
- Prioritize inclusion and equity
- Provide Career Development

Source: Responding to the Great Resignation: Detoxify and Rebuild the Culture, by Mark Linzer, Elizabeth Griffiths, and Mitchell Feldman (June 2022)



Final Thoughts About Workplaces that Endure & Thrive

In the Post COVID World

- Build a culture of solidarity.
- Act with purpose versus speaking about it
- Make personal aspirations a part of the conversation.
- Create space for socializing
- The flexible policies must be tied to businesses
- Make development an everyday experience
- Coach managers to genuinely care for others.
- Encourage kindness and support
- Leaders model vulnerability



Source: Harvard Business Review: To Retain Employees, Give Them a Sense of Purpose & Community, by Ron Carucci (2021)



What about YOU?

Regeneration of Mental Capacity

- "Refocus.
- Create personal space.
- Create mental sanctuaries.
- Learn to say NO.
- Do a reality check."



 Most important, be self aware of overwhelming toxicity & do something!



Source: Toxic Emotions at Work by Peter J. Frost (2003)



Reading List if you want know more...









Thank you for attending!