

# 7 questions you should NEVER ask your colleagues

For better or worse, your colleagues are the people you spend most of your day with. A study entitled 'Happiness at Work', and published in Psychology Today, claimed that the average person spends around 90,000 hours at work over their lifetime.

So, if you're at odds with your co-workers, you're in for a bumpy few years. In order to smooth out the kinks, there are certain pitfalls that should be avoided from the on-set.

A recent article in Business Insider quoted Rosalinda Oropeza Randall, an etiquette expert and author of 'Don't Burp in the Boardroom'.

In it, she explained some cardinal rules as to what you definitely should not be saying to the people you work with.

We have compiled seven examples of what not to do below, and explained the reasoning why.

## **1. You look tidy – are you off to an interview?**

Asking if someone is interviewing for another job whilst they're currently working at their present one is inappropriate. No one wants their current employer to know that they may be handing in their notice soon.

## **2. I'm so hungover; do you have any pain killers?**

Even if you are friends with your colleagues, there's a line that shouldn't be crossed. You may have over indulged slightly at the weekend, but coming into work with a hangover is unprofessional and ill-advised.

## **3. Spare change?**

Asking to borrow money from co-workers is uncomfortable – so do everyone a favour and ask a family member instead.

## **4. What's the plan for this weekend?**

Overstepping the mark and infringing on the personal lives of colleagues can come across as unseemly. By all means, attending team building days and having a Christmas drink is fine – just don't blur the lines between personal and professional.

## **5. Do you have any idea how emotional I am right now?**

Of course it's okay to be a touch stressed or down at work – in fact it's really important that employers discuss the issue of mental health in the capacity of the workplace.

But making a scene and being seen to 'fly off the handle' makes it all the more difficult for workers who are struggling in silence to broach the problem.

Let's work together to increase our awareness of staff mental health issues.

## **So, when's the baby due?**

It's slap stick comedy at its worst.

## **7. Did you hear...?**

Look around your office. The gossip mongers, the loud mouths and the inappropriate gesturers are not exactly the most respected people there, are they? Whilst some studies suggest that gossiping at work can increase productivity, there are so many downsides to it that it can't be worth the cheap thrill.

And imagine if you overheard someone gossiping about yourself.

What do you think? Have any more inappropriate questions you think we should add to this list?

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*REF: Business Grapevine, Thurs 1<sup>st</sup> Dec, 2016*