Bringing your true self to work

To be able to enjoy your work, it's important to be true to yourself and let others see your real personality. Of course there will be some elements of your personal life that you'll want to keep for yourself, but letting other people know who you really are will help you to build relationships and be more successful at work.

Being authentic is when you have a good understanding of yourself and what's important to you. Here are some examples of how you can bring your true self to work.

Share your opinions professionally

Speak up when you've got something to say and do it in a healthy, proactive way. If you've got concerns about something then try to provide a solution where possible. Always take others' opinions into consideration and value diversity.

Make decisions in line with your values

To keep your integrity, always make decisions that fit with your core values. It'll demonstrate your true self to those around you as well as protecting you from making bad judgement calls.

Set boundaries

You can only be yourself at work if you're allowing time to be your true self at home too. Set clear boundaries, right from the first day of your job, about when you're going to switch off and find time to relax.

Be open to feedback

The best way to increase your self-awareness is to ask for others' feedback. It'll help you to understand how you come across and make some changes if you feel they're not seeing the real you.

Being professional at the same time as bringing your true self to work can be a recipe for success and happiness. A healthy work environment encourages open dialogue, the exchange of ideas and the freedom to be your true self.

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