

Working to Wellness

Study Sheet Handout

How to Manage Gossip

Turkish Proverb: "Who gossips to you will gossip of you."

Seems as though sometimes people have nothing better to do than to gossip.

What IS gossip?

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In your experience, how much of Gossip do you really think is true?

1	2	3	4	5
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Not True at all		"Maybe" a little true		"Totally True"

Gossip needs to be stopped if:

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Working to Wellnes

Gossip

Gossip is all over the place, especially at work.

- People's antennae are up all the time (inquiring minds) .
- People take a partial truth and turn it into a whole "probable" truth.
- Many people just flat out lie to get attention- [ay attention to me, because "I know stuff".

In your experience, how much of Gossip do you really think is true?

1	2	3	4	5
<hr/>				
Not True at all		"Maybe" a little true		"Totally True"

Some gossip is necessary – people in the work place need to know what's going on.

- Good Supervisors will keep people informed.
- It is good to discuss work issues.
- Key is to know when the gossip is out-of-hand.

Gossip needs to be stopped IF:

- It disrupts the work place
- If the gossip involves whispering , talking behind people's backs, criticizing and making fun of people who aren't in the room
- Hurts others feelings
- Damages interpersonal relationships
- Hurts employee motivation and moral.
- Turns the work place into a negative one
- Breaks any part of confidentiality.

Next time we will talk about confidentiality.