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Q&A Forum - Review

Badmouthing by Coworker, 2006-01

Fellow Q&Aers,

Here's our first Q&A of the New Year! Sorry it's so late.

If you haven't visited our website lately, you might want to stop by and click on "Waiting Room." I have added to the articles there. New articles include tips for organizing at work, internet safety for abuse victims, the differences between Medicare and Medicaid and some simple tips on organizing for the new year.

March is Social Work Awareness Month. Janice Mahieu, Lisa Muller and I are Licensed Clinical Social Workers. You may want to check out social workers in general at the following website: www.helpstartshere.org .

I am starting a women's group on Saturdays from 1:15-2:15 pm. Group members will be learning about themselves. There will be a particular emphasis on understanding relationship issues. I am asking women to make a 6 week initial commitment. If you are interested, or know someone who is, please contact me as soon as possible.

Janice is starting a group for women who are compulsive gamblers or spenders. Her group invites recovering compulsive gamblers/shoppers to participate in a small group setting and to share and learn skills for recovery. Women will be able to build upon their strengths and identify their weaknesses in a supportive, non-judgmental environment. Goals include developing new positive habits and patterns, building and maintaining healthier relationships and garnering support. This group will meet on a bi-weekly basis for two months and will assess its' effectiveness at that time.

Now to our Q&A:

Question: There is a coworker that trains new personnel. During her training presentation, she makes disparaging remarks about the other departments, and the other half of our section that encourages a sense of adversary with the others. This behavior has caused a rift between the sections that reduces communication. I am looking for information to publish in our news letter that will address the effect on an organization of making disparaging remarks about clients, departments, and other coworkers that attack their professionalism and expertise. The last remark was, "If you talk to XYZ Department, they will tell you....., they are wrong and you should just ignore them."

Answer: While I don't fully understand the details, disparaging remarks are definitely discouraging, demoralizing and just "poor taste." I think it is important to recognize that you are powerless over your co-worker but you are not powerless over the proactive choices you may make. You may have to take into consideration organizational dynamics, but a well thought out and well phrased sentence or two to her supervisor or manager may be in order. Perhaps just the phrase "where seldom is heard a discouraging word" strategically placed on a bulletin board, her desk, or in the newsletter may be helpful. Be aware that denial is commonplace. Does your newsletter have a question and answer or letters to the editor section? That might be an avenue to address the issue, in a general fashion. If so, you might work with the editor to address

it in that format. Finally, while not exactly on topic, the following Dear Ann Landers letter on gossip, and response, may have some appropriateness ---

ANN LANDERS RE: GOSSIP

Dear Ann Landers: Some terrible rumors are floating around this office, and innocent people are being hurt. A while back, you printed the enclosed. It would mean a lot to me if you'd run it again. - Sad for the Victim

Dear Sad: It's worth a second go-'round. Glad to oblige:

GOSSIP

It topples governments, wrecks marriages,
 Ruins careers, sullies reputations,
 Causes heartaches, nightmares, indigestion -
 Spawns suspicion, generates grief.
 Makes innocent people cry in their pillows.
 Even its name hisses.
 It's called gossip. Office gossip. Shop gossip.
 Party gossip.
 It makes headlines and headaches.
 Before you repeat a story, ask yourself: Is it true" Is
 it fair? Is it necessary?
 If not - Shut Up.

taken from: New Haven Register, Sunday, June 11, 1995 Page D3

I hope these ideas help. Peace, John

Quote: A mind stretched to a new idea never returns to its original dimensions. - Oliver Wendell Holmes

bonus 1

Ever wonder about the abbreviation A.S.A.P.?

Generally we think of it in terms of even more hurry and stress in our lives. Maybe if we think of this abbreviation in a different manner, we will begin to find a new way to deal with those rough days along the way.

"There's work to do, deadlines to meet;
 You've got no time to spare,
 But as you hurry and scurry-
ASAP-ALWAYS SAY A PRAYER

In the midst of family chaos,
 "Quality time" is rare.
 Do your best; let God do the rest-
ASAP-ALWAYS SAY A PRAYER.

It may seem like your worries
 Are more than you can bare.
 Slow down and take a breather-
 ASAP-ALWAYS SAY A PRAYER

God knows how stressful life is;
 He wants to ease our cares,
 And He'll respond To all your needs
 A.S.A.P.-ALWAYS SAY A PRAYER.

Today I'm saying a little prayer that
 GOD will smile on you and
 send you all the special blessings you deserve.

bonus 2

Best Newspaper Headlines of 1999 [a little dated, but cute nonetheless!]

1. Include Your Children When Baking Cookies
2. Something Went Wrong in Jet Crash, Experts Say
3. Police Begin Campaign to Run Down Jaywalkers
4. Drunks Get Nine Months in Violin Case
5. Iraqi Head Seeks Arms
6. Prostitutes Appeal to Pope
7. Panda Mating Fails; Veterinarian Takes Over
8. British Left Waffles on Falkland Islands
9. Teacher Strikes Idle Kids
10. Clinton Wins Budget; More Lies Ahead
11. Plane Too Close to Ground, Crash Probe Told
12. Miners Refuse to Work After Death
13. Juvenile Court to Try Shooting Defendant
14. Stolen Painting Found by Tree
15. Two Sisters Reunited after 18 Years in Checkout Counter
16. War Dims Hope for Peace
17. If Strike Isn't Settled Quickly, It May Last a While
18. Couple Slain; Police Suspect Homicide
19. Man Struck by Lightning Faces Battery Charge
20. New Study of Obesity Looks for Larger Test Group
21. Astronaut Takes Blame for Gas in Space
22. Kids Make Nutritious Snacks
23. Local High School Dropouts Cut in Half
24. Typhoon Rips through Cemetery; Hundreds Dead

bonus 3

Subject: Things that make you think...

Makes you wonder.....

These are questions that only *George Carlin* could think to ask!

1. If you take an Oriental person and spin him around several times, does he become disoriented?
2. If people from Poland are called Poles, why aren't people from Holland called Holes?
3. Why do we say something is out of whack? What's a whack?
4. Do infants enjoy infancy as much as adults enjoy adultery?
5. If a pig loses its voice, is it disgruntled?
6. If love is blind, why is lingerie so popular?
7. When someone asks you, "A penny for your thoughts", and you put your two cents in, what happens to the other penny?
8. Why is the man who invests all your money called a broker?
9. Why do croutons come in airtight packages? It's just stale bread to begin with?
10. When cheese gets its picture taken, what does it say?
11. Why is a person who plays the piano called a pianist but a person who drives a race car not called a racist?
12. Why are a wise man and a wise guy opposites?
13. Why do overlook and oversee mean opposite things?
14. Why isn't the number 11 pronounced onety one?
15. "I am" is reportedly the shortest sentence in the English language. Could it be that "I do" is the longest sentence?

16. If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?
17. If Fed Ex and UPS were to merge, would they call it Fed UP?
18. Do Lipton Tea employees take coffee breaks?
19. What hair color do they put on the driver's licenses of bald men?
20. I was thinking about how people seem to read the Bible a whole lot more as they get older, then it dawned on me - they're cramming for their final exam.
21. I thought about how mothers feed their babies with tiny little spoons and forks so I wondered, what do Chinese mothers use?
Toothpicks?
22. Why do they put pictures of criminals up in the Post Office? What are we supposed to do, write to them? Why don't they just put their pictures on the postage stamps so the mailmen could look for them while they delivered the mail?
23. If it's true that we are here to help others, then what exactly are others here for?
24. You never really learn to swear until you learn to drive.
25. No one ever says, "It's only a game," when their team is winning.
26. Ever wonder what the speed of lightning would be if it didn't zigzag?
27. Last night I played a blank tape at full blast. The mime next door went nuts.
28. If a cow laughed, would milk come out her nose?
29. Whatever happened to Preparations A through G?

end of bonuses **Happy Valentine's Day!**

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