

4 Things You Should Know about Office Gossip

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The Effects of Workplace Gossip are Almost Always Negative!



Office gossip. It's as common as a cup of coffee. And, almost everyone of us has taken part in it at some point or another.

Some people would argue that workplace gossip is an excellent bonding opportunity; a chance for co-workers to come together on a casual level to discuss, well, gossip.

Whether it's cruel and catty or just plain benign, the effects of gossip in any form are almost always **NEGATIVE!**

That said, if you can't resist sharing the news about a colleague's latest gaff or escapade, here are some things to keep in mind about gossiping at work.

1. Weigh the consequences.

Ask yourself if what you're saying can hurt someone's career?

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If a colleague has committed a serious violation of company policy, then it may be better to go to HR or talk to a partner than to talk about it with your coworkers.

2. Choose your discussions wisely.

Let's face the facts. A zero-tolerance gossip policy is just unrealistic. Everyone is bound share a little gossip now and then, but the key is to choose what you discuss wisely. Keep your topics light and upbeat.

Be sure to also keep in mind that if you want to get promoted, **you need to be seen as trustworthy**. If you can't keep your coworkers' secrets, then can you keep company secrets?

3. Assume your gossip will spread like wildfire.

Very few people can keep a secret, and, once those words are out of your mouth, you can't take them back. Even worse, those words might change as it is passed from person to person, and you might not recognize what you said once it gets back to you.

4. Don't put it in writing!

Do not spread gossip via email. And, more importantly, if you are upset at a co-worker, no matter how legitimate the reason, do not vent over e-mail or instant messenger. Smart firms monitor all correspondence, and you don't want a partner coming to you with a printed e-mail containing ugly words.

Of course, if you're in doubt about gossiping at the office - **AVOID IT!**

Gossip is never helpful. It's never flattering. And, it never reflects well on you.

Take the high road and keep it professional at work!

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