

# SILENCING THE 'NOISE'

## TIPS ON DEALING WITH WORKPLACE GOSSIP

### → Stop the spread

- Excuse yourself and walk away
- Change the subject
- Directly state, "I don't like to talk about other people as I wouldn't like them talking about me."

### → Provide support versus enabling gossip

- Stop the negative speaker
- Talk with him/her to get an understanding of their issues or concerns
- Encourage positive behavior and attitude

### → Resist the urge to gossip

- Keep a diary of thoughts
- Find a counselor or trusted friend to speak with
- Access Ulliance EAP resources by calling (888)333-6269

## TRIPLE FILTER TEST

Before you speak, ask yourself:

Is what you are about to say...



TRUE?



GOOD  
OR  
KIND?



HELPFUL?

If not, don't say it!

*"Surround yourself with people who talk about visions and ideas, not other people."*

- Akin Olokun





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Stopping the spread of workplace gossip can be as simple as stepping away and not engaging in the conversation.



#sayNOTOGOSSIP