



Being human at work

WHAT DOES THAT MEAN?

Someone speaking at an event recently said “We all just need to be more human.”

The person next to me turned and whispered “OK, but what does that actually mean?”

Great question - one that made me stop and think.

For me, it's:

- Recognising people have emotions that affect how we show up at work.
- Valuing everyone as individuals as people don't operate or act the same.
- Being honest and keeping it real, even when the message is a bit uncomfortable.
- Understanding that your personal life isn't something you can always leave at the 'office front door.'
- Treating people as people, not resources.
- More than posters or statements. It's building a culture where people feel heard and valued.

So, having thought about it - being human at work doesn't feel complicated. It's really just about how we treat one another isn't it?