



How to Deal with Workplace Ego Clashes?

Are you getting trapped in office politics? We spend most of our time in the office where we are constantly coordinating with colleagues, clients, superiors and others. In an office environment there are times when small issues can arise and ego problems crop up. In such situations it is difficult to concentrate on work. However, here are a few ego management tips that can help you avoid ego clashes and conflicts that hamper the work environment.

1. Be patient. If the scenario is quite heated, go somewhere else and practice silence. Practicing silence and calming down can be difficult but it is not impossible. You can try and meditate for a couple of minutes. This will calm your heated mind.
2. Try not to get involved in conflicting issues at the workplace. However, if you still find yourself trapped, then pull yourself away from the situation immediately. Maintain distance from that particular person for some time. You can talk it out later with them. A conversation at the same time will lead to ego clashes.
3. Initiate a conversation with a positive approach after some time. Communication will put an end to ego conflicts. Make sure the conversation is smooth and calm throughout. Be a good listener when the other person is explaining his/her point of view.
4. Ego clashes happen quite often in office premises due to difference of opinions. That doesn't mean you should forget to focus on the good qualities of that person. Every person has a set of good qualities, which you will tend to forget at the moment you have a clash.
5. Don't stop socializing because of ego clashes. Be considerate and move on. Remember, you need to avoid clashes, not colleagues.
6. Answers are different and so are expectations. Instead of talking about what you expect, ask the opposite person what he/she expects and how these conflicting issues can be sorted out.
7. Start appreciating the hard work and dedication of your colleagues. Avoid criticism. It's fruitful to admire the efforts others have put together for some project. A little admiration and appreciation will surely work towards maintaining a healthy work environment. It works quite well and creates fewer problems.



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8. Do not let anyone down even if you are at a higher position. Instead you can use your knowledge and experience as a tool to teach and coach other employees.
 9. Expressing your views, thoughts and ideas with freedom often works when you don't want ego clashes. However, ensure that you don't offend anyone and don't feel offended if someone's idea is better than yours.
 10. At the end, respect the viewpoints of each individual.

These simple and easy ego management tips will surely help you avoid ego clashes at work. Don't carry a big ego to work. Be humble, polite and respect others. It is no big deal to avoid ego clashes at work anymore.