

# WHEN YOU CAN'T STAND YOUR WORK COLLEAGUE

I hate her. I just hate her. She acts like she owns the place. She flirts with all the guys – in fact I'm quite sure she's slept her way up the ladder.

BY CLAUDIA REIZNER

And her work isn't particularly good either. Me, on the other hand. I do a good job. I put my head down and get on with it. So, why does she get all the glory? And that is why I want to kill her. Not really kill but rather eliminate from the company.

This is real hatred. And it is pretty common in offices actually. The fact is, she is probably an OK girl. But, just like the relationship we have with our mother in law, we are thrown together and have to get on. Many of the people we work with, we probably wouldn't choose to have as friends and wouldn't even entertain a conversation with if they didn't happen to be in the same office. So the result is a melting pot of different personalities – well, a pressure cooker actually.

To a degree, this can be minimized at the recruitment stage. A savvy manager will try and identify the best qualified person for the job combined

with one who will get on with the rest of the team. But we humans are complicated creatures and it is no easy task. Then there are team building days and socials at the pub which can all help to stir the pot and help to blend the personalities. What we've got to remember is that if we want to keep our jobs, we have to be professional. Petty office spats don't go down well with the powers that be, and it's then only a matter of time before we encounter a foot followed by the door.

But disliking others is a national British past time and with all the best endeavours there are still going to be those who don't like the look of

someone and that's the end of that. If they are influential in the office then it spells 'Hasta la vista baby' to the hapless victim. They can either stick it out – or stick two fingers up and leave. If you don't fit in, life can be miserable, even if the work is great. Similarly there is a weird culture that states that bosses are to be hated. I can't understand why – perhaps it is jealousy. And jealousy is like a cornered rat, it comes out fighting.

There's not much we can do about this. I suppose it all stems from our upbringing and religious beliefs. It is in our blood. The Buddha Dhammapada said 'Hatred never

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conquers hatred. Only love conquers hatred. This is the eternal law.' A worthy thought, though sadly not one entirely for this cynical modern world. My view is this: it takes more facial muscles to form a frown than a smile so go for the lazy option and smile. Smiles always get smiles back. In other words, be nice. When you are, others are nice back and isn't that a more relaxed and fulfilling way to live? ■



