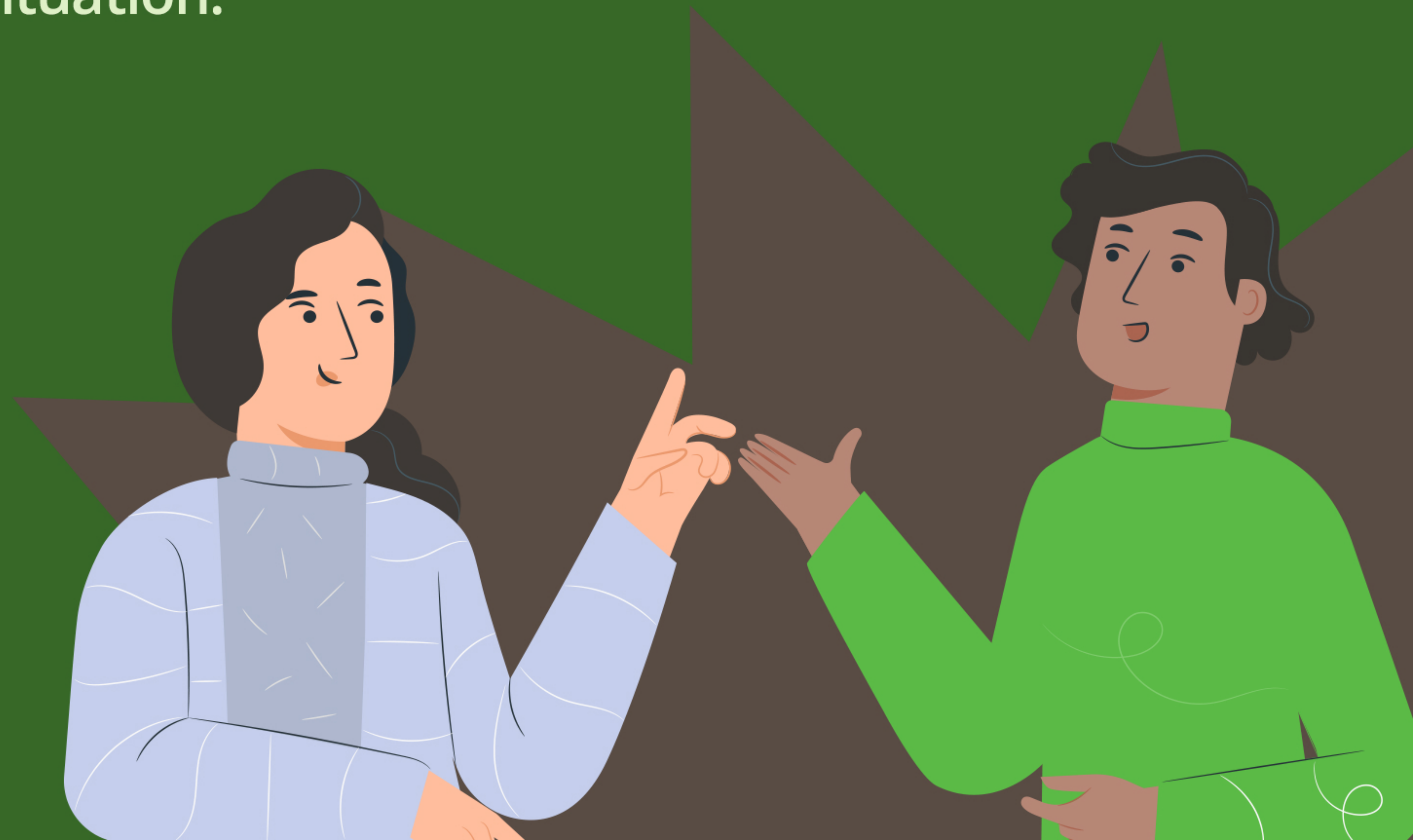


Workplace rivalry: Dealing with competitive colleagues



Intervene

Address it, communicate directly. Ignoring will only worsen the problem. Gain perspective with a direct, open conversation and clarify your stand and intention to defuse the situation.



Motivate yourself

Ignore all the negativity and focus better on self-improvement. Upskill to improve your capabilities and to stay ahead.



Act with integrity

Choose to be fair, accountable and a team-player. The more you collaborate with others, the better will you be valued for your ethics.



Strengthen bonds

Find an ally, form alliances, and offer help. Being a team player will help you get support and ensure you help maintain a positive atmosphere.



Maintain records

Correspond in writing to ensure there's proof of your work-related conversations. Writing will also help avoid direct confrontations and ensure your work is not sabotaged.



Speak to your supervisor

If dealing directly isn't working, then ask your manager to mediate. Use the opportunity to ask for guidance and not to complain.



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