

## How to Avoid **Peer Pressure** at Work?

Peer pressure is a very powerful thing. Every single person experiences peer pressure at one time or another, especially when we are younger. How should you avoid caving to peer pressure?

### Step 1:

The first key to avoiding peer pressure in the workplace is having a distinct set of personal values that you stick to no matter what. There are always going to be those who have different values than you, but there **is no need for you to compromise your values** in any way.

### Step 2:

Think about what is best for the company you work for. Many times other employees think solely about themselves, but if you **think about the company as a whole** it will help your judgment process.

### Step 3:

Avoid gossiping in the workplace. This is very important. The last thing you want to do is start getting into a gossip battle with someone else at work. Go about your own business and **get your work done well**.

### Step 4:



**Smile!** – is the key

Keep a positive attitude no matter what. Those who pressure you to do things you don't want to do will likely be frustrated if you have such a positive attitude. **Keep a smile on your face!**