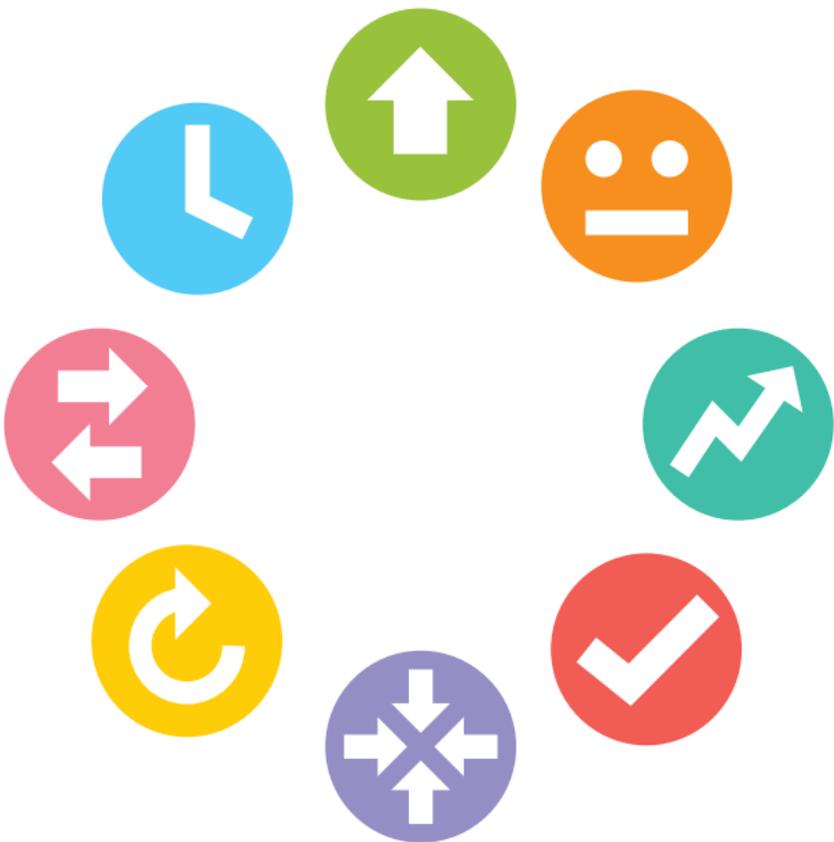




ifa.

TOGETHER

The ifa wishes that all its employees treat each other with respect, appreciation and support.



Our beliefs at the Institute for Occupational Medicine

How do we deal with each other?

What is important to one another?



Working together is ...

solidarity with others.

Belonging, being recognized,
shared moments, understanding,
synergy, win-win.

Togetherness is free from power play and feelings of superiority. It is important to see and accept other people as equals. We talk to each other and not about each other in order to achieve common goals. Together we are strong because we are a team.



The key to success lies in our successful cooperation. Successful cooperation leads to successful togetherness and to good mutual feelings. Working together means being perceived and taken seriously, but also perceiving and taking others seriously.

For a successful cooperation we have to talk to each other, listen to each other, accept other opinions, be ready for respectful discussions. Our basic attitude towards other people is characterized by positivity and the desire to get along with each other.

ifa.



Tip no. 1

Transparency

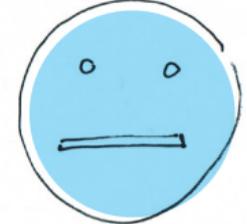
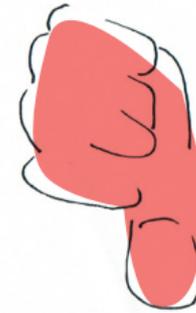
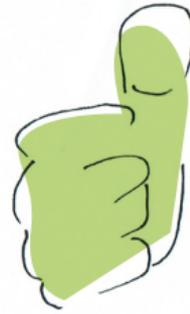
Go to other people and talk to them.

Don't be annoyed with something in silence. Address tension directly.

Communication promotes togetherness.

Give your colleagues regular feedback.

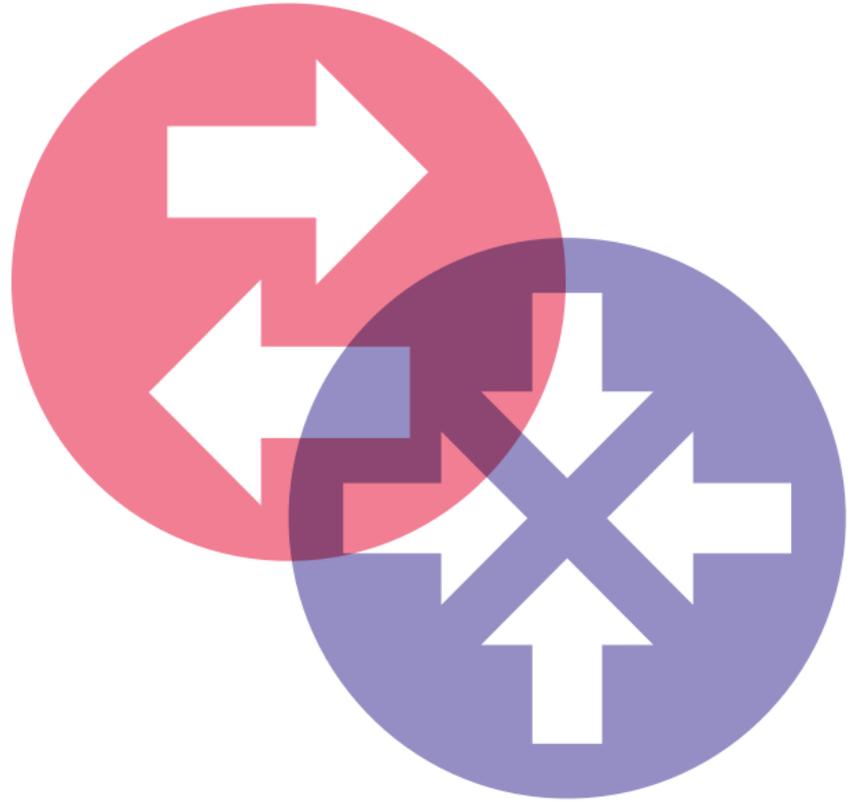
Be generous with positive feedback.



Tip no. 2

Respect

Respect the diversity of others and treat your counterpart as you would like to be treated yourself.



Tip no. 3

Use negative feelings

Show empathy, social competence and positive thinking even in pressure situations. Despite negative feelings - your counterpart means well with you. Try to use negative feelings constructively by addressing things for clarification.



Tip no. 4

Give recognition

Show your interest and appreciation towards employees, patients and customers. Use breaks to exchange information across teams.



Tip no. 5



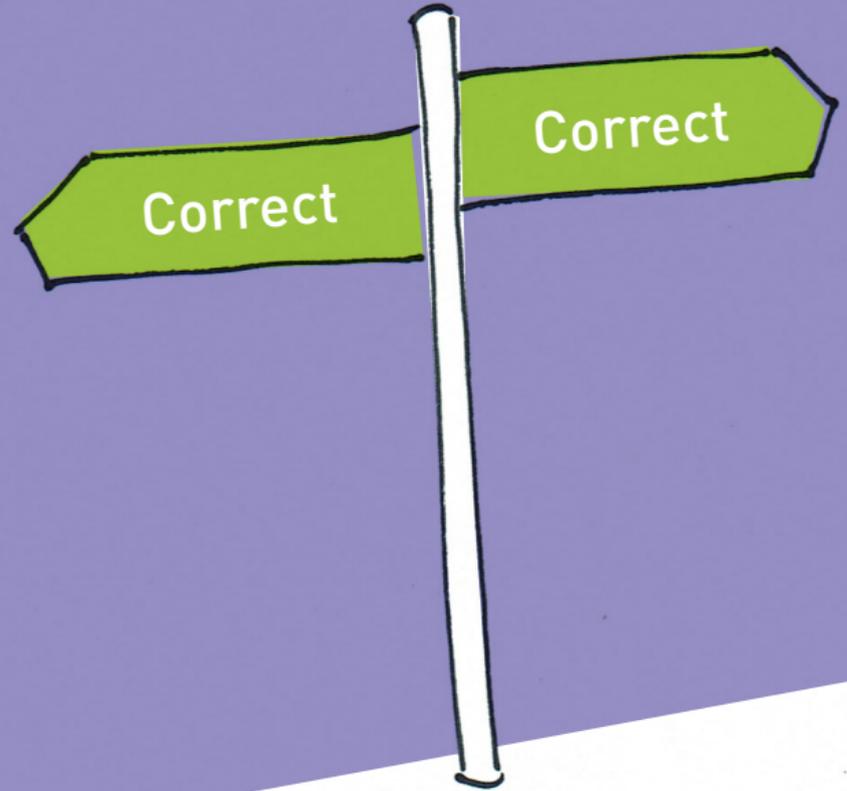
Support

Offer support and help to others and ask for help yourself if you need it.

Tip no. 6

Accept opinions

Accept other opinions
and views without being
judgmental.



ifa ■ INSTITUTE
FOR OCCUPATIONAL MEDICINE

Kreuzweg 3. Areal ABB/GE. 5400 Baden
Phone +41 (0)56 205 44 44. Fax +41 (0)56 205 76 16
info@arbeitsmedizin.ch. www.arbeitsmedizin.ch