



# **4 TIPS TO HANDLE POLITICAL POSTS FROM A COLLEAGUE**



**1**

Pause! Ok, now breathe! Release the urge to respond to the comment or post. Yep, move forward. Just keep scrolling! Just keep scrolling!

**2**

See the BIG picture and ask yourself the following questions.

1. Is this REALLY the person that you know? Or do you REALLY believe they think you are who they refer to in their post?
2. How would they treat you if they ran into you on the street or at a conference? Friendly?
3. Have you collaborated with them in the past? How was that experience for you?
4. What impact may their posts have on future collaborations with you? Decide if you are going to sit out a few and collaborate at another time.

**3**

Words matter. Know the risks of posting political opinions. It creates division, labels and risks. Risks of losing existing or new clients, sponsors, colleagues you collaborate on projects with, friends and family.

**4**

Set healthy boundaries for your energy. Seeing judgemental posts give off a bad vibe! Don't match that energy!

Your energy introduces you to your next comment, client call, zoom meeting, email, etc.

Your energy is your greatest currency so spend it wisely!

**TAKE WHAT YOU LEARN & MAKE A DIFFERENCE WITH IT**

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