



52 Ways to Show Up Well in the Workplace

With Jan Goss

1. Be authentic
2. Be present
3. Be prepared
4. Be trustworthy
5. Keep your word
6. Be well groomed and clean
7. Make your very best first impression
8. Stay positive
9. Be confident
10. Empty your negativity daily
11. Watch your words carefully
12. Be kind
13. Honor and love yourself
14. Learn etiquette and protocols
15. Refine your dining skills

16. Adjust your posture
17. Improve what you can
18. Be aware of your behavior and how it affects others
19. Pay attention
20. Take time for effective communication
21. Care about more than just yourself
22. Take responsibility - Own your actions
23. Refine your body language
24. Be brave and courageous
25. Don't give up
26. Stop blaming
27. Be a great listener
28. Have courteous behavior
29. Be on time
30. Practice integrity
31. Be focused and complete tasks
32. Leave your problems at the door
33. Be available to help
34. Connect with others
35. Make eye contact
36. Acknowledge everyone
37. Act as if you belong
38. Learn effective networking skills
39. Stay open and teachable
40. Be vulnerable and transparent

41. Keep your social media presence clean
42. Know your worth – honor your value
43. Be equipped and organized
44. Giving it your all- be wholehearted-excellent in all you do
45. Be equipped and organized
46. Educate yourself so you know the rules of life
47. Be wholehearted and excellent in all you do
48. Be efficient in every action
49. Practice and practice and practice again
50. Be clear about your purpose
51. Live your passion
52. Leave an honorable legacy

Want support to help your team implement the Show Up Well Advantage?

Visit: www.showupwell.com or email info@showupwell.com