

Employee Assistance Program

Become an Influencer at Work



Developing professional influence comes with many benefits. Those with influence are often well-regarded and sought after for their input and insight, frequently serve as mentors, and find it easy to gain the support of others.

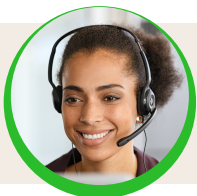


If you're interested in developing professional influence, consider investing in the following:

1. **Become an active listener.** Fully understanding the perspectives and insights of others demonstrates that you value their opinions, making it more likely they will value yours.
2. **Become an expert in your field.** Attend industry events, take part in development opportunities, and network with others in your profession. This will help you keep up with best practices and add value to your position.
3. **Develop your interpersonal skills.** Acknowledge the contributions of others. Be assertive when it comes to promoting your idea, but not egotistical.
4. **Build trust.** Trust is earned over time by following through on your commitments, meeting deadlines, producing quality work, supporting others, and developing a reputation for someone who is reliable.
5. **Share your contributions.** Make sure others are aware of what you bring to the table by sharing your work progress, innovative ideas, and unique perspectives.

Developing influence in the workplace can be empowering and lead to professional advancements. If you're interested in career development or improving your interpersonal skills, your Employee Assistance Program can help. Contact us for recommendations and referrals.

"The Importance of Professional Influence to Unlock Your Career Opportunities". EU Business School. Accessed December 28, 2023 from <https://www.euruni.edu/blog/professional-influence/>



Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

24/7/365 PHONE:
1.800.765.0770

WEBSITE:
www.EAPHelplink.com
Code: LOYOLA