5 SIGNS OF BAD INTERPERSONAL SKILLS

1. OVERLOAD WITH EMOTIONS
If you are one who gets frustrated and angry easily, i.e. one who lets emotions get in the way without conscious control, you are more likely seen as an impatient hothead.

2. LACK OF SELF-CONFIDENCE
It's normal to feel challenged when you are about to burst, try these:
- Quickly excuse yourself, walk it off.
- Calm yourself down by taking deep breaths.
- Drink a cup of tea or coffee.
- Be alone for the next 15 minutes.

3. TOO QUICK TO QUIT
If you are one who gives up easily during challenging times, you can expect not to go far. Organisations are always looking for people who are resilient through difficult times, giving their best and encouraging teammates to stay the course as well.

4. RELUCTANT TO COACH
Those who are willing to help others in their career by sharing their knowledge and skills are seen as team players who can accelerate an organisation's growth.

5. REFUSE TO NETWORK
If you don't let people know how good you are at what you do, they are unlikely to notice you. If you don't network well and connect with the right people, you will be the one losing out.

5 CONCLUDING THOUGHTS
Many of us may have encountered similar situations in our day-to-day interactions, and are only aware of our shortcomings or unintentional behaviours after it happened. It's never too late to learn the importance of interpersonal skills at work, so let's try to change some of our habits. Together, let's make workplaces a conducive place to thrive and grow as individual and corporate contributors.