

Anglais	BTS Comptabilité et Gestion	Session 2019
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Sujet n° 11

How to make friends and love your work

It may sound like a Monty Python sketch, but the Minister for Loneliness actually exists. It's a new post in the British Government, announced by Prime Minister Theresa May in January. "For far too many people, loneliness is the sad reality of modern life," May said.

5 It's not just an issue for the elderly, the unemployed or the physically isolated. Social isolation at work is an issue that workers and employers need to take seriously," says Eugene McGarrell, general manager of health and community engagement at icare.

"Poor social connection in the workplace can lead to poor team dynamics. Having good social connections at work is also good for business, leading to higher performance and fewer absences," McGarrell says.

10 "The quality of relationships at work often makes a huge difference not only to how people feel about an organisation but how likely they are to want to stay, particularly really talented people who might have lots of options," she says.

15 "People under pressure to get a lot done in a small amount of time might stop attending morning teas, or feel they've given so much of themselves that they haven't got the spirit to attend the Christmas party."

"Fortunately, companies are increasingly taking measures to promote socially healthy workplaces," McGarrell says. These can be as simple as organising staff lunches or other regular get-togethers.

20 McGarrell's advice for people hoping to strengthen their social connections at work is simple: step away from your screens.

"Say hello to someone new, ask and remember people's names. Stop typing when someone comes to ask you a question, don't look at your phone when you're in a conversation or a meeting, and go and talk to somebody instead of emailing them."

Adapted from *The Guardian*, June 7th 2018