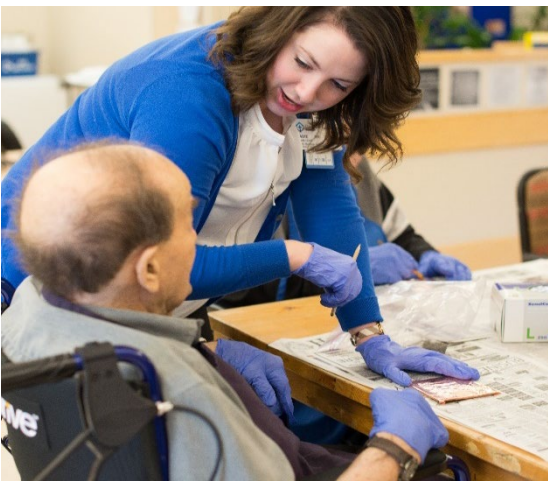


Reflecting on RESPECT



What is respect?

Respect is shown in the ways we approach one another especially in situations where we may have different opinions. We show respect when we learn more about each other and use that knowledge to provide the best care or response.

Our mission calls us to treat all people with respect, no matter their circumstances, physical or cognitive ability, race, religion, gender, or social status. We respect the dignity of every human being and seek to create an environment where all feel valued.

Who is a model of respect for you?

12 Tips for how to show respect in the workplace

1. Listen when people speak
2. Pay attention to nonverbal communication.
3. Be transparent.
4. Acknowledge your team's strengths and accomplishments.
5. Value your team's contribution
6. Practice politeness and professionalism
7. Help your colleagues.
8. Include concerned team members in meetings and discussions.
9. Adhere to your employer's policies and procedures.
10. Emulate the actions of people you consider respectful.
11. Be empathetic about everyone's life situation.
12. Improve your ability to interact with others.

<https://ca.indeed.com/career-advice/career-development/respect-in-the-workplace>



We need to give each other the space to grow, to be ourselves, to exercise our diversity. We need to give each other space so that we may both give and receive such beautiful things as ideas, openness, dignity, joy, healing and inclusion. - Max de Pree

We have so many amazing stories to tell that highlight Respect alive in our work!

Mission Awards gives us a wonderful opportunity to tell these stories and celebrate inspiring examples of our values in action. Our values are core to our identity and they help shape the culture we create together as they help guide our interactions with those we serve.

The 2024 Mission Awards nomination deadline of December 15, 2023, is COMING SOON!!!

Visit www.covenantmissionawards.com to find the values criteria, nomination forms and sample nominations, and to read the profiles of all the 2023 Mission Awards nominees



One of the most sincere forms of respect is actually listening to what another has to say. - Bryant H. McGill

Resources to build respect in your workplace:

- ❖ The Mental Health Commission of Canada suggests 13 Factors of **Psychological Health and Safety in the workplace**. This includes Civility and Respect. Check out the short videos that explore each of these factors [here](#).
- ❖ Check out [Covenant's Diversity and Inclusion Framework & Workplan](#)
- ❖ **Learn more about the culture, beliefs and practices of others.**
 - [Indigenous Awareness & Sensitivity modules](#): designed to help deepen our understanding, sensitivity, and competence in responding to the needs of Indigenous patients, residents and family members.
 - Check out the Living my culture resources from the Canadian Virtual Hospice <https://livingmyculture.ca/culture/>

One way we define respect is through the Mission Awards respect criteria

1. Keeps the people we serve at the center of all we do.
2. Recognizes and responds to the needs of others with a spirit of service.
3. Shows the ability to be present for people in both joy and sorrow.
4. Listens carefully, shows empathy and communicates a sense of hope.
5. Improves their knowledge and skills to be of greater service.
6. Recognizes when others are vulnerable and treats them with dignity and kindness.
7. Accepts others' personal journey without bias or opinion.

Questions for reflection

What does respect mean to you?

Why is respect important in the work that you do?