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The Value of Presence in Supporting Your Colleagues: A Sunday Morning Reflection

As I wait for my flight to beloved Kuwait, I have been reflecting on how we can support each other when needed. It is a fact that being present for colleagues often takes a backseat to individual responsibilities. Yet, the importance of showing up for each other—day or night, weekdays or weekends—cannot be overstated. It is interesting how some colleagues give 100 while others seem indifferent.

With deadlines and workloads dominating our schedules, it's easy to overlook the emotional needs of our coworkers. However, consistent support can significantly enhance workplace morale and collaboration, fostering a sense of community.

While many may offer help during critical times, it's the few who consistently show up that truly make an impact. These colleagues provide emotional support, listen actively, and create a safe environment for open communication. Their commitment can transform a challenging work atmosphere into one of shared resilience.

Let's make a conscious effort to be those supportive colleagues. By being there for each other, we can create a more connected and productive workplace.

**#SupportEachOther #WorkplaceWellness
#EmotionalIntelligence #Teamwork #Community #Colleagues
#WorkplaceMorale #BeThere #SharedResilience**

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202 · 20 Comments