Key Points on Thriving in the Midst of

OFFICE POLITICS

Don't be defeated by criticism, learn from it	Don't engage in unethical or manipulative behaviors	Find a mentor to give you guidance
Put in checkpoints to catch yourself and others engaging in negative activities	Don't be emotional	Listen to the grapevine, but don't be the grapevine
Learn to gain the trust and support of other team members	As long as you're not abusive of power, you can be a very influential and politically savvy individual	Support open communication with your boss and with other coworkers