

Weekly Wisdom

Grow the Green for You and Your Team



“Despite how taxing the work was, what made it feasible was when I came to work, I felt like I was working with friends.”

-- U.S. Surgeon General Vivek Murthy

The Benefits of Workplace Friendships

Social connection is one of the most important keys to well-being. There are exciting benefits to having friends at work, too.

Workplace friendships provide “enhanced innovation, feelings of psychological safety, and compassion.” They also increase motivation and happiness.

When there is a balance between leadership and friendship, “it encourages the vulnerability, adaptability, and humility” that we need to do our work.

Of the four types of work friendships, a **workplace best friend** and **workplace close friend** carry the most benefits to our well-being. In both cases, employees would want to stay in touch, even if they didn’t work together.

On the other hand, being unfriendly at work can make work less enjoyable, engaging, and meaningful.

Unfriendliness can also lead to fewer opportunities for advancement as well as loneliness and isolation which can lead to poorer health.