**Relational Effectiveness**

1. **Situation 1**: During a work meeting, your colleague Taha called you incompetent in front of your team. You felt humiliated.

**What would you do in this situation?**

you are angry right now and I'm sure of my skills and what I have achieved in this company I'll appreciate that you watch your attitude and you may consider to take few lessons of self-control

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1. **Situation 2:**Your colleague Emna is busy at work and cannot complete her tasks. She insists very much that you do one of her work tasks. It’s 5:00 and you want to go home. It’s been a very long and painful day. You’re tired. You can’t help her.

**What would you do in this situation?**

**Emna, I appreciate that you trust me with this task, but if you really want this task to be done right I have to take some rest. I’m going go home now and your task will be among my priorities tomorrow morning. Have goodnight**