Checkpoint Relational Effectiveness

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

**Dialogue between you and your colleague :**

**Taha** : I feel that you are incompetent for this poste and you are not able to complete at this project !

**Safa** : What are the weakest points you see in me?

**Taha** : I feel that you are incompetent because you don’t have knowledge about many things in this project.

**Safa** : Yeah I understand your point of vue but I’m sure that you will change your opinion in the future because every day we learn something new.

**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.

**Dialogue between you and your colleague :**

**Emna** : Hey Safa, please can you help me to do one of my work tasks ?

**Safa** : Hey Emna, oh yeah with pleasure no problem but we can work this task tomorrow because now I need to go home it’s too late and we will fix this problem together.

**Emna** : Please Safa I need your help now !

**Safa** : I understand you and I would love to help you but I simply cannot.

**Emna** : Ok, thank you in advance.