

## Having Work Friends Boosts Performance

### VOCABULARY WORDS

1. **colleague** (noun) /'kɒl.i:ɡ/ – A person you work with, especially in the same job or profession.  
*Example:* I enjoy having lunch with my colleagues every day.
2. **motivated** (adjective) /'məʊ.tɪ.veɪ.tɪd/ – Very eager to do or achieve something.  
*Example:* Employees are more motivated when they feel supported at work.
3. **stress** (noun) /stres/ – Mental or emotional pressure caused by difficult situations.  
*Example:* Regular breaks help reduce stress during busy workdays.
4. **trust** (noun) /trʌst/ – The belief that someone is honest and reliable.  
*Example:* Creativity grows in workplaces where there is trust among colleagues.
5. **productive** (adjective) /prə'dʌk.tɪv/ – Doing a lot of useful work efficiently.  
*Example:* Teams with strong friendships are often more productive.
6. **creative** (adjective) /kri'eɪ.tɪv/ – Able to think of new and original ideas.  
*Example:* Friendly work environments encourage employees to be more creative.
7. **support** (noun) /sə'pɔ:t/ – Help or assistance provided to someone.  
*Example:* Colleagues who give emotional support make work more enjoyable.



### People often spend more time with colleagues than family.

At full-time jobs, coworkers share breaks, discuss problems, and enjoy small moments together. Over time, these interactions can grow into real friendships. These connections make daily work life more enjoyable and less stressful. Having friends at work becomes an important part of everyday life.

### Friendships at work have benefits beyond just being nice.

A 2024 KPMG study found that strong workplace friendships make employees happier and

more motivated. Employees also feel less stressed when they have colleagues who care about them. A positive atmosphere develops when people trust and respect one another. Workplaces with friendships see higher levels of support and satisfaction.

**Strong friendships boost creativity and idea sharing.**

Research from the University of Bath shows that friends at work often suggest more original ideas. When people feel comfortable, they are more willing to express their thoughts. Trust allows employees to take risks without fear of judgment. This creativity helps teams solve problems and innovate more effectively.

**Friendships also increase motivation and productivity.**

Gallup found that employees with a best friend at work are seven times more likely to enjoy their job. They work harder, stay longer at their company, and feel more committed. Friends provide encouragement and support during challenges. Motivation improves when people feel connected and valued at work. This connection makes employees more productive overall.

**Whether in an office or at home, friendships matter.**

Connecting with colleagues makes the workday feel brighter and more rewarding. Employees are more likely to share ideas, help one another, and succeed together. Friendships at work are a key factor in overall job satisfaction. Taking time to build these relationships benefits both individuals and the organization. Everyone wins when work becomes both enjoyable and effective.

## **DISCUSSION**

1. If you could have one best friend at work, what kind of colleague would you choose?
2. How do coffee breaks or small chats help create friendships?
3. Can friendships at work ever cause problems? Why or why not?
4. What activities could managers organize to help colleagues bond?
5. How might remote workers build friendships compared to office employees?
6. Why do you think trust is important for creativity at work?
7. If your workplace had no friendships, how would it feel?