

Everyday Behavior Of course, maintaining an upbeat attitude for 30 minutes or an hour during an interview is far easier than fighting off grumpiness every day. You'll probably have to vent once in a while because some days will be bigger pains than others, and few people would hold that against you. 6 45 Habitual negativity is a problem because it can quickly become your trademark⁷ and overshadow any accomplishments. And in a tough job market, when workers are feeling stressed and employers consider trimming head count, 8 you don't want to be remembered for being the local sourpuss. so "In this recession, people are having to do more with less-that's just a fact:" Milligan says. "If you're the employee that complains about clients or the workload or the commute or the manager-and you seek out opportunities to talk about your misery-this will definitely pose a problem with your employer and co-workers:" Just as damaging can be 55 your tendency to arrive late and leave early. Helen T. Cooke is the marketing director of Cooke Consulting Group, where she coaches and teaches clients about team development. She agrees that behavior affects others' perceptions of us. "The nonverbals will always prevail if we're trying to mask⁹ negativity. 60 For example, the employee makes a comment that sounds OK, but the facial expressions and/ or body language make it clear that she or he isn't on board:'¹⁰ Cooke explains. "If you are not feeling enthusiastic in general, consider what is within your control, primarily, and secondarily what is within your ability to influence. Make positive changes in those 65 two arenas:'