# Employee Assistance Program *Tip Sheet*

## Authenticity at Work

Being authentic at work means aligning your values, beliefs, and actions in your professional life so you can show up as your true self. When people feel safe to be authentic, they experience less stress, stronger engagement, and healthier workplace relationships. Authenticity also builds trust and collaboration across teams.

Acentra HEALTH

### Tips for Practicing Authenticity

- **Reflect on Your Work Persona –** Notice which behaviors feel natural and which feel forced. Small shifts toward being genuine can make work more energizing.
- **Share a Little of Yourself –** Offering small details, like a hobby or personal interest, can strengthen connections with colleagues.
- **Practice Vulnerability –** Asking for help or admitting uncertainty shows courage and encourages trust within teams.
- **Stay Guided by Values –** Let your core values shape your choices and interactions. Consistency builds credibility and integrity.
- **Be Honest, but Kind –** Authenticity doesn't mean saying everything on your mind. Speak truthfully while staying respectful and compassionate.

Authenticity is an ongoing practice. By making small, intentional choices, you can create a more fulfilling and connected experience at work—while also contributing to a healthier workplace culture.

Your Employee Assistance Program (EAP) is here to support you. Reach out anytime for confidential help with workplace challenges, stress management, or building stronger connections at work.

*References: Psychology Today. https://www.psychologytoday.com/us/blog/leading-for-wellness/202504/the-key-to-becoming-more-authentic-at-work, The Greater Good Science Center at the University of California, Berkeley. https://greatergood.berkeley.edu/article/item/how_to_be_more_authentic_at_work*

### Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

**24/7/365 PHONE:**
1.800.999.1077

**WEBSITE:**
EAPHelplink.com
**CODE:** EAPNOW

SCAN ME

Scan this QR code using your phone camera to log in to your site

The contents of this article and referenced websites, such as text, graphics, images, and other material contained on the site are for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Reliance on any information provided by these websites is solely at your own risk. Acentra™ Health is not responsible for the contents of any "off-site" web page referenced from this server. Acentra Health. All rights reserved.