Wheeler EAP
EMPLOYEE ASSISTANCE PROGRAM

Healthy Communication Starts With Us.



The way we talk with and about one another shapes a respectful, supportive, and positive workplace.

What is workplace gossip?

Sharing personal information, repeating unverified stories, or discussing a coworker in ways that may negatively affect their reputation or relationships.

Why it matters.

Gossip can create misunderstandings, increase tension, and damage trust. A respectful workplace helps everyone feel valued and supported.

Ways to communicate with care.

Pause and think.
Is it accurate, necessary, and appropriate to share?

Be direct and respectful.
When appropriate, speak with the person involved rather than discussing with others.

Use the right channels.
Bring workplace concerns to a supervisor, Human Resources, or another designated resource.

Need support?

Wheeler EAP offers confidential counseling and support for workplace stress, communication challenges, and more.

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