



Be confident and job ready with the key skills employers want.

What do your body language and tone of voice say about your attitude?

Here are a few things to think about:

- ▶ We can't always control how we feel, but we can control how we speak and act with other people.
- ▶ You can understand how other people are feeling by paying attention to their tone of voice and body language.
- ▶ Understanding your emotional triggers can help you manage your attitude.
- ▶ The right attitude at your work might not be the same as the right attitude with your family or in your community.



Attitude

How you show your thoughts or feelings through your words and actions.

Find out how to get the skills edge by improving your Attitude skills.

Download the free Attitude workbook at upskillsforwork.ca

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