

Survival Tips At Xmas Work Party (How to keep your mind, body and dignity intact)



Many of us can relate to drinking too much alcohol at some time in our lives, but for a number of reasons the temptations at the end of year, especially at the Xmas work function are more of a pressure cooker than most to really let your hair down. You've met your deadlines, you are looking forward to that break-away with your family and friends, and the time to give, share and receive is upon us, so why not?

The work Christmas 'do' can therefore be a minefield of alcohol-fueled wit, drunken proposals and stuffing yourself silly. Here, Tom O'Neil, Author of "Selling Yourself to Employers" provides some excellent tips on how to survive work celebrations with your mind, body and dignity intact (with some additions from our office.)

On the day:

- While Christmas parties might not be your thing, psychologist Shanel Winning, reckons you should make an effort to attend. "Non-attendance may imply that you aren't interested in spending any more time than you have to with your colleagues," says the expert from Winning Performance. "This is not a great message to send. Use the occasion to deepen your working relationships."
- Before the event remember to eat a decent sized lunch. You will be heading for trouble if you attend the evening function with no food in your stomach to soak up that alcohol.
- Dress appropriately. The Christmas party is not a time to wear a skirt that is the size of a belt, boob tube, new sexy sequined nightclub number or to push the boundaries on how many buttons you leave undone.

At the party:

- Just because the booze is free doesn't mean you have to try and drink the balance between what you are paid and what you feel you're worth. Alternate each alcoholic beverage with a non-alcoholic beverage to help make the night more fun and last longer. Remember, this isn't a normal night out with your buddies.

- Chat to your senior colleagues and the CEO early on in the evening when you're at your best. Discussing the finer points of salary negotiation when you're three sheets to the wind at 1am is never a good look.
- Order your own drinks at all times, especially those cocktails. You ask for a “bushwacker” but your work colleague brings you back a “screaming orgasm”.
- Avoid anyone snapping photos on their cell phone after 10.30pm.
- Take the time to develop relationships with people you don't work with on a daily basis. Shanel Winning says to try and "broaden your scope to include individuals outside of your immediate team. For example, that person from Finance you only email when there is a problem - make it a priority to get to know them. You may be surprised by how they respond when you next approach them for help. We are all more likely to go out of our way for people we like; people who have authentically invested in their relationship with us."
- If you think you might have a tendency to go a bit crazy, buddy up with a trusted colleague and look out for each other. They should stop you from hitting on the girl from IT and shove you into a taxi if you're starting to look worse for wear.

Here's a drink guide provided by Grub Street NY:

How Drunk Can You Get At Your Office Holiday Party? <small>GRUB STREET</small>		
	COOL COMPANY	UNCOOL COMPANY
THE BOSS		
SENIOR MANAGEMENT		
SKILLED LABOR		
MIDDLE MANAGEMENT		
COG IN THE MACHINE		
ENTRY LEVEL		
INTERN		

Print this out & take it with you.

Time to redeem yourself?

Too much wine, mistletoe and time socializing with your boss can be a dangerous combination and should be swiftly side-stepped. However, if things do go awry (as they can), there are a number of things you must do to limit long-term career damage.

- Quickly face up to anything you did wrong and apologize to those affected. For minor indiscretions this can be made into a self-depreciating comment, ensuring everyone knows that you know you weren't at your best.
- Come up with a good excuse: "I was hormonal" or "I was on meds".
- Turn up on Monday. Many people with a guilty conscious will shy away from the first day back at work after the party, hoping no one mentions anything when they finally return. However, the longer you are away from the office, the more gossip there will be.