



R E S P E C T

College Chronicle  
Newsletter

June 6, 2025



RTO 91513

# R E S P E C T



I believe it is appropriate for us to discuss the importance of respect in the workplace.

Property agents in NSW have been focusing on Work Health and Safety as a key topic in their CPD over the past year, which relates to the issues of psycho-social wellbeing in the working environment. This is certainly a domain that requires further exploration as it relates to issues such as bullying, discrimination, unacceptable working hours, harassment, poor working environment and other social factors in the workplace.

Respect is a word frequently discussed, yet it often appears to be absent in the day-to-day interactions between individuals. My personal definition of the word respect is:

Respect.....is what we see when people demonstrate basic human decency.

Respect ranks among the most crucial qualities in a professional setting, as it fosters a positive work culture where both individuals and teams can accomplish shared goals. A respectful demeanour should be the norm or basic standard in any workplace, irrespective of personal sentiments. In

a professional environment, instances of respect include providing colleagues with your attention, valuing their viewpoints, listening to their opinions and conversing with kindness.

All individuals in the workplace, whether the employer, management or employees must extend respect to each other. This can be demonstrated by offering your coworkers and management the attention they require, listening to their opinions and treating people with kindness. It is beneficial to identify traits and/or skills in people that you admire and to express your respect accordingly. While you may not always appreciate or admire the personalities of every colleague, it remains essential to behave respectfully in order to meet work objectives while maintaining professionalism.

Each person possesses unique qualities (and idiosyncrasies). Once we acknowledge each other's differences, respect begins to acquire a deeper significance. You can start to comprehend why your coworkers respond in certain ways in specific situations allowing you to take measures to foster a more positive work environment for all involved. When individuals feel respected, they



are more inclined to extend respect to others.

Experiencing respect appears to alleviate individual's stress levels, and it is well documented that stress reduction is especially vital for the health and well-being of employees in the workplace. Employees who are unstressed and respected are more at ease sharing ideas and working with their peers to achieve their goals. Increased respect and reduced stress have a mental as well as a physical impact on the health of workers.

Being respected and feeling valued in the workplace contributes to a more positive environment and can result in enhanced job satisfaction, collaboration and increased productivity. Employees can take pride in the work they do and leave at the end of the day feeling a sense of achievement of what they have accomplished and contributed.

Demonstrating respect towards all team members fosters a fairer work environment. One of the key offerings an employer can provide is the opportunity for employees to showcase their skills and knowledge irrespective of their backgrounds. Respect helps

to eliminate favouritism within a team setting, ensuring and that everyone has an equal chance to contribute. When all members engage in processes, it introduces a wider array of skills and knowledge, thereby enhancing improved outcomes.

If you began reading this newsletter singing the Aretha Franklin classic – R.E.S.P.E.C.T., I sincerely hope that it inspires individuals to recognise the opportunities available for teams to work and collaborate more effectively, and for each of us to demonstrate fundamental human decency as adults in the workplace.

Here's to cultivating respectful workplaces.

[Rosy Sullivan](#)

[Director | College Principal](#)

**Premium Educators  
Premium Training  
Premium Outcomes**

### **Contact us**

1300 88 48 10  
(02) 9264 5505  
[enquiries@acop.edu.au](mailto:enquiries@acop.edu.au)

### **Visit us**

Level 2, St Andrews House  
464 Kent St, Sydney NSW 2000

### **Mail us**

PO Box Q289  
QVB Sydney NSW 1230

### **Connect with us**

[acop.edu.au](http://acop.edu.au)



Australian College of Professionals Pty Ltd ABN 32 105 687 910  
Registered Training Organisation Number 91513



Property Training

Finance Training

Strata Management Training

Management Training

Government Funded Training

Compliance Checks

Consumer Education

Value yourself  
Value your future.

**[acop.edu.au](http://acop.edu.au)**