

GREAT NEW WAYS TO **STAY HEALTHY** ALL WINTER

Women's Health

NEW!

The Best Shape of

taming of the crew

Loud talkers. Power trippers. Don Juans who stare at your sweater. Here's how to deal with the workplace personalities that can seriously interfere with how well you get your job done

By Cristina Goyanes



» The Queen Bee-yatch

IGNORE! Photocopying and finding coffee filters aren't part of your job description, but she seems to think so. Be confident in the fact that while she thinks she's high and mighty, she's the only one. A recent University of Florida study showed that supervisors and coworkers think very little of self-absorbed employees who have inflated egos about their job skills. Eventually a superior will notice her misguided power trip and take her down a notch. In the meantime ask for her opinion on something to tame her defensiveness and aggressiveness. "She may reduce the obnoxious bragging and bossiness if she thinks you respect her knowledge," says Bev Smallwood, Ph.D., a psychologist and workplace consultant.

» The Sex Kitten

IGNORE! If her clingy, low V-neck sweater caught your eye during the meeting, then it probably caught the eyes of the entire male staff, too. These daily peep shows can make you wonder whether she's going to be favored over you and land more plum assignments. Relax; you're more of a threat than she is. A recent Tulane University study found that women who had tried flirtatious behavior at work (such as wearing short skirts, massaging a man's shoulders, or sending racy e-mails) got fewer pay raises and promotions than those who did not. Those who maintained a professional appearance received an average of three more promotions—earning up to \$100,000 a year to the tart's \$75,000. "Inappropriate dress will detract from her professionalism and credibility," Dr. Smallwood says. "It won't send her up the ladder unless they want to look up her dress."

NOT TO WORRY ABOUT

Surprising Sex Secrets

Take them to bed tonight!