

Active Listening Role Play - Employee

Situation:

You have worked for ABC company for five years. The company has grown and the workload in the last year has been severe. You are stressed and lately you have been having trouble sleeping. Two years ago a new person (Mary) was hired to do work similar to yours. You have always felt Mary “gets off easy” compared to you.

On three occasions this week, urgent work was assigned to you in the afternoon requiring you to work late. Mary was not required to work late. **THIS REALLY BOTHERS YOU!**

In addition, the company has installed new software which you are too busy to learn. This means you have to work in the old software and get someone to convert your finished documents.

Task:

Tell your supervisor your workload is unrealistic and the stress of work is getting to you. You want it reduced. Explain how you feel about Mary.

Listen to your supervisor’s response and respond accordingly.