

## **How To Maintain Your Reputation After The Office Christmas Party**

Do you plan on attending your office party this year? Then a word to the wise; be very careful that as you slip into party mode, you do not allow your professional reputation to slip out the door. While office parties are a time to mingle and have fun with your co-workers, be careful not to have *too* much fun, because no matter how long the night may seem, tomorrow will eventually come.

Here are some tips to ensure that when you return to work, you can do so with your head held high.

### **1. Watch your alcohol intake**

This should go without saying, but because “it’s the holiday” sometimes we throw the rules out of the window. Be that as it may, it is still a fact, alcohol lowers your inhibitions, affects your judgment and causes you to do some things that you may regret. Usually when you drink you become relaxed and let your guard down but you know what they say “loose lips sink ships”, you reveal too much information and usually it’s the information that you didn’t want your co-workers to know . 1-2 drinks max should be your limit and remember to add one glass of water for every glass of alcoholic beverage, better yet stick to non-alcoholic drinks. Perception is reality; try not to look like you have a drinking problem, even if the alcohol is not affecting you.

### **2. Dress Appropriately**

Don’t wear suggestive clothing. Remember you are striving to advance your careers not derail it. We understand that you spent the entire summer in the gym whipping that body into shape, but the office party is not the place to let it all hang out. Ladies do not- I repeat- do not- wear the lowest, tightest or sexiest thing in your closet not only will you catch a cold, but you will also lose the respect of your bosses and co-workers. What is too tight?

In the words of Recording Artist Chingy here is a clue:  
“I bet you had to jump up and down just to put ‘em on  
Bet you had to wiggle it around just to put ‘em on  
Bet you had to lay back in the bed just to zip ‘em up  
Am I right?”  
Well then its too tight.

### **3. Being The Life of the Party**

Some people love to be the center of attention and they look for any opportunity to claim center stage, including at the office party. Be careful of the avenues that you use to draw attention to yourself. No flirting with your co-workers, and definitely leave the “dirty dancing” “bumping and grinding,” at home

### **4. Choose your guest wisely**

You know what they say “if you want to know a man tell me who is friends are”. So the real question is will your guest help to advance your career, or will he/she cause it to blow up in your face? Ensure that your guest is aware of the proper etiquette and is prepared to follow the rules.

### **5. Beware of photographs**

Technology has gone to a new level; Everyone and his uncle probably has a camera phone and knows how to upload the photo’s to the Internet. Beware that you are not caught in any compromising positions with a hidden camera. If taking group photos I suggest that you take them at the beginning of the night and make sure that you don’t have a drink, or cigar in your hands.

But I thought a party is all about fun? It is, but remember it’s the OFFICE party, not a family get together and if you want to survive the office party and not have to call in sick because you are too embarrassed to return to work you’ve got to play by the rules.

Dress Like A Professional, Act Like A Professional, Speak Like A Professional, and Party like a Professional.

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