

# Being Yourself at Work is not Good for Your Career

## Reading

LONDON: It's often said that honesty is the best policy. But, being yourself at work may not be a good idea if you want to further your career, scientists say. Researchers at the University of Greenwich in London found that people who show their "true selves" at the workplace tend to be less happy than those who "lie". While revealing your true character to friends is likely to make you happier, doing so at the office is not a recipe for promotion, they said.

Lead study researcher Oliver Robinson said, "You hear self-help gurus say that the secret of happiness is 'being yourself ' or 'expressing your true feelings', but that doesn't apply in the workplace."

"So in some circumstances, it may be that a polite smile or tactfully keeping quiet may be more conducive to your well-being than saying what you actually think and feel to work colleagues," he said.

The team assessed levels of "authentic self expression" in more than 500 volunteers to see how far they opened up to people they interacted with.

The results showed people were more likely to "be themselves" with partners, followed by friends and then parents. They were much less likely to show their true self to work colleagues.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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