

Quality of Life TIPS & TRICKS

The Right Way to be Wrong

Admitting when we're wrong or when we don't know the answer can be difficult. But studies show that "intellectual humility" can lead to stronger teams and stronger leaders.

We don't always know the answer, and even when we know the answer, it's important to recognize that the way of doing things can change and evolve. Intellectual humility is a growth mindset and refers to the trait of recognizing our own limitations, being open to others' viewpoints and opinions, and being willing to shift our way of thinking. Intellectual humility in the workplace can lead to greater psychological empowerment, job satisfaction, and work engagement, and less work stress, burnout, and intentions to leave—all because people feel heard and feel less afraid to not always have the right answer.

Think about how freeing it can be when we give ourselves the grace to be wrong. So, lean on your team members and remember the importance of hearing everyone's perspectives.



This Wellness Tip was brought to you by the Quality of Life Subcommittee of the Primerus™ Quality Assurance Board and Featured Contributor Nicole Quintana. We also welcome your tips, which can be submitted to Paige Neirman at pneirman@primerus.com for publication consideration.