

6 types of people to avoid in business

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August 23, 2016



Don't allow others to hinder your success. Learn how to spot those who will have a negative impact on your business growth

As the saying goes, it's not about what you know; it's about who you know. This is particularly true in business. Executive Coach Penny Holburn says if you want to be a positive, successful businessperson, then you need to know and spend time with businesspeople like that.

When it comes to choosing people to work with in business, Holburn says character is critical. "You want to align yourself with positive, can-do people who have excelled in your field because you stand to learn from them, hone your craft and rise in your career. Decency and respect are also important characteristics."

Holburn suggests avoiding the following people:

The aggressor

Aggressors tend to resort to shouting, screaming and using aggression to deal with uncomfortable situations. They intimidate people to get what they want and will eat away at your self-esteem if you allow them. Holburn suggests paying attention to how people treat those in lower positions than themselves as this is an indicator of their true characters. Opt to spend time with people who are encouraging and supportive.

The narcissist

Narcissists will walk over anyone in order to get ahead, and they tend to make everything about themselves. If you are working with a narcissist, you may feel like nothing you do is right or good enough and end up doubting your own sanity.

They are hard to spot, as they are often charming when you first meet them. Only over time does their toxic behaviour become apparent. Everything has to be done for their glory and they are poor at receiving feedback unless it is about how good they are.

The control freak

They will hover over you and insist everything is done their way. If things don't go according to plan, they tend to lose it. If you are around a control freak, you will compromise your own growth and development in that you won't have the opportunity to show what you can do. They will also stifle your ability to be proactive and creative.

The whiner and complainer

Negative people love to dwell on what isn't going their way, which will demotivate you and affect your happiness. They are usually easy to spot because they resort to whining and complaining after just a short time.

The drama queen

Such people make a big deal of everything. Everything is a mission and there is always drama. They will exhaust your energy which could be used more productively. They are usually not difficult to spot as they are the people who always make everything into a big issue. They are usually loud and talk a lot. Similar to the whiner and complainer, they have plenty to say, with little interest in solving problems and sorting things out. Chances are once you have spent time with a drama queen, you feel exhausted afterwards.

The judgmental critic

You can spot critics because they will be the first to point out the faults in everyone and everything. They don't suggest improvements but enjoy criticising, which will erode your self-esteem and confidence. You will come to believe you are not good enough and start holding yourself back if you spend too much time with them.