

Office Holiday Party Dos and Don'ts

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Office holiday parties may seem intimidating, especially when trying to figure out where to draw the line between social event and place of work. However, it's important to show gratitude for your career and co-workers while socializing over drinks and hors d'oeuvres. Your higher-ups will appreciate your attendance, and they'll surely take note of your party etiquette, too. Steer clear of cringey moments this year with a few simple tips from Karen Stafford, Arizona President of [Employer's Council](#).



- **Keep conversation light**

Stafford explains that we should, "Avoid gossiping about co-workers, engaging in office politics or complaining about the workplace. In fact, it's best to limit work discussions as much as possible. This time is meant to be stress-free. Make it a goal to chat about holiday plans and light-hearted topics, rather than the drama going on at the office."

- **Mindful attire**

While the word "party" might be deceiving, it's important to remain mindful of dress code. "Unless otherwise specified, stick with tasteful, office-appropriate attire. To add a festive touch, throw on a fun Santa hat or add holiday-themed jewelry to your look," says Stafford.

- **Drink in moderation**

Don't regret or forget the night. Stafford reminds us, "If you're worried about potentially having one too many, you might be better off sticking to water, coffee or soft drinks." This will ensure that you avoid unnecessary embarrassment or a jumbled state of mind.

- **Apply basic logic**

Be courteous, give thanks, and don't over-indulge. Stafford says you should, "Be mindful of how you're eating – a piled-high plate limits your ability to chat and mingle, and generally doesn't make a great impression. And, of course, always avoid the dreaded double dipping."