

# 3 tips for managing saboteurs at work

Toxic personalities are an unfortunate part of many workplaces, but you can learn how to handle saboteurs and still shine professionally, says development expert Kim Zoller.

She offers three tips for working well with people who try to make themselves look good by making you look bad.

1. **Speak up.** Share your opinions, the problems you've encountered and the solutions you've created.
2. **Avoid complaining.** Spreading your feelings around the office might make people think you're a gossip and could enrage the saboteur.
3. **Take advantage of email.** Include supervisors and project managers on your project emails, so they're aware of your ongoing work.

— Adapted from "[Dealing With Personality Stallers — Ours and Others](#)," Kim Zoller, SmartBlog.