# These Are the 10 Most Difficult Conversations to Have in the Workplace – And How to Handle Them

Sometimes, navigating the workplace requires hard conversations – whether it's asking for a raise, delivering bad news or owning a mistake.

It can be tempting to put off those difficult discussions, and many people do. A survey from VitalSmarts revealed that more than 80% of workers are hiding from at least one uncomfortable conversation.

But not confronting workplace issues head-on will only hold you back.

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