Current clichés or phrases if used in business that are bound to diminish your credibility.

Just
- Former Google and Apple exec Ellen Petry Leanse has urged women in particular to stop using 'just' when making a statement or request – she believes the word makes the user appear childish and submissive.

It's not fair
- Dr Travis Bradberry of TalentSmart, the world's leading testers of emotional intelligence, reckons this whiny phrase is a big no-no. “It makes you look immature and naive,” he says. Instead, stick to the facts and be constructive rather than negative when you can.

Sorry, but...
- Many people are guilty of the habit of saying 'sorry, but' before they ask for something. Bradberry is no fan of this phrasing. “Don't apologize for taking up space, or for having something to say,” he advises.

No problem
- Bradberry isn't keen on this expression because it insinuates that the thing you've been asked to do is a problem or inconvenience. He prefers the more positive “it’s my pleasure” or “I'll be happy to take care of that”.

This is the way it’s always been done.
- Being a stick in the mud won't get you very far in the workplace. “Saying this not only makes you sound lazy and resistant to change, but it could make your boss wonder why you haven't tried to improve things on your own,” says Bradberry.

It’s not my fault.
- Shirking responsibility and being all too eager to point the finger at someone else's failings won't do you any favors in the workplace either according to Bradberry. “Stick to the facts, and let your boss and colleagues draw their own conclusions about who's to blame,” he says.

You look tired.
- Another of Bradberry's pet peeves. “Tired people are incredibly unappealing,” he says. “They have droopy eyes and messy hair, they have trouble concentrating, and they’re as grouchy as they come. Telling someone they look tired implies all of the above and then some.

Try
- Saying 'I'll try' indicates that you're unsure of yourself and lack confidence in your abilities. Bradberry recommends that you take ownership of the task in hand and either commit wholeheartedly or offer an alternative plan.

Does that make sense?
- According to career coach Tara Sophia Mohr, this 'undermining' phrase implies that you think you’re incoherent. She suggests you opt for “What are your thoughts?” or “Let me know if you have any questions?” as a more positive alternative.

That's not my job.
- If you really want to irritate your boss, this phrase never fails. “Your responsibilities aren’t limited to what was listed in your original job description – especially at a start-up,” says Mary Ellen Slayter, founder of Reputation Capital.
I can’t.
- A can-do attitude goes a long way in the workplace, so try to avoid using this defeatist expression. “I don’t want to hear excuses ever,” says Kuba Jewgieniew, CEO of Realty One Group. “We focus on hiring can-do, positive, creative employees with passion and determination.

You’re wrong.
- Serial entrepreneur and business guru Andrew Griffiths can’t stand these dismissive words. “If you use them, I guarantee there is a trail of resentment following behind you.” Instead, aim for constructive criticism that won’t alienate colleagues or clients.

At the end of the day.
- Communication expert and president of Well Said Inc Darlene Price is not alone in thinking this is a tired old cliché to steer well clear of. She suggests you replace it with ‘ultimately’ or ‘finally’

Think outside the box.
- The 80s called and it wants its cliché back. Price recommends you use ‘think differently’ or ‘stretch your imagination’ in its place.

Low hanging fruit.
- Try to eliminate this cringy expression from your lexicon. "Please don't refer to a prospect or customer as 'fruit' ready to be effortlessly picked," says Price. "Instead say, 'It’s easier to sell to these customers because..."

It’s a paradigm shift.
- Popular in the 90s, this expression is likely to elicit an eye roll these days. Instead, go with ‘fundamental change’, ‘major difference’ or ‘critical adjustment’

Take it to the next level.
- This is an empty, vague and pretty much meaningless phrase in Price’s view. She suggests you say something like “We need to sell 30% more this year, and here’s why...” as an alternative.

Synergize
- Another no-no according to Price. “It may be easier... to fill your speech with familiar stock phrases,” she says. “However... you'll gain more credibility and engage with listeners more effectively when you say what you mean, in your own words.”

Motivated
- Last year, Linkedin published a list of the most overused workplace clichés and this hackneyed buzzword landed the not-so-coveted number one spot.

Driven
- It should be a given that you’re driven in your job, so it’s no surprise this overused buzzword landed the number two spot on the Linkedin list.

Blue sky thinking
- This is the most irritating cliché phrase bosses use, according to a poll of 2,000 UK office workers carried out by animal charity SPANA.

As a millennial
- How not to start a sentence if you’re under 35 and taking to your older line manager. “I get it,” says Josh Bank, executive VP of Alloy Entertainment. “Telling me you’re a millennial is another way of telling me I’m a clueless old loser who’s going to die shortly.”
Reach out
- This way of saying 'contact' was voted the worst example of corporate jargon in a poll of thousands of American and British reporters.

Growth hacking
- And this beauty came a close second, presumably because nobody really knows what it actually means and saying it is guaranteed to make you appear pretentious and try-hard.

Deliver
- According to the same style guide, pizza, mail and services are delivered – not more abstract concepts such as 'improvements' or 'priorities'.

Collaborate
- The UK government's official style guide advises against using this lofty word and suggests replacing it with the more straightforward 'working with'.

Going forward
- Survey after survey has identified this phrase as one of the most overused corporate clichés – it really gets under people's skin. 'In the future' is a decent alternative.

Empower
- There's always a risk this buzzword may come across as patronizing, so use it with caution. “It's the most condescending transitive verb ever,” says Jennifer Chatman, management professor at the University of California-Berkeley's Haas School of Business.

Touch base
- 'Touch base' features highly on business expert Bernard Marr's top 30 most irritating jargon phrases. Save it for the baseball field