

Bullying at Work

Bullying in the workplace is more common than you might think. Workplace bullying is often hard to identify—and even harder to manage. This half-day interactive workshop will help you learn more about how bullying is defined, the characteristics and types of bullying, as well as implications for teams and organizations. You'll leave with practical tips for speaking up for yourself or a co-worker in an assertive and professional manner.

Learning Outcomes:

- Clarify the definitions of bullying, serial bully and bullying behaviour.
- Describe the characteristics of bullying behaviour.
- Discuss the impact of being bullied.
- Discuss the implications of bullying for teams and the organization.
- Apply 3 communication techniques to enhance assertiveness in the workplace.
- Identify personal actions for supporting a healthy, bully free work environment.

Facilitator:

Gerard Murphy, Barefoot Facilitation Inc.

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