Personal Strategies for Handling Bullies

Workplace Bullying

It doesn’t go away on its own. It’s not easily resolved by just policy. It takes action, training and reinforcement from an experienced behavioural solutions provider.

We’ve all had to deal with them at some point in our life. The Bully. The Bully pushes you, harasses you, looks down on you, publicly or privately berates you or physically torments you in small ways. The Bully could be your boss. It could be your co-worker. It could be anyone. The bully creates unnecessary stress for you, makes you hate your job and turns your personal life into an extension of your work life.

Workplace Bullying can cause extensive health problems for employees including a number of physical and psychological illnesses and injuries. Although individual responses vary from person to person, people who are bullied at work may experience stress, anxiety, panic attacks and trouble sleeping. They may have higher blood pressure, ulcers and other stress-related illnesses. Bullied workers can have trouble making decisions, find it difficult to work or concentrate, experience a loss of self-esteem and become less productive.

About the Webinar

First, we’ll discuss the kinds of behaviours that are often labelled as bullying, and then review the ways we typically react to these behaviours in the workplace. After exploring why these reactions are unhelpful, we’ll provide you with a method to ensure you approach workplace bullying in a productive way. Crucially, we’ll help you explore if you’re contributing to the negative environment, as well as providing tips to guide your own direct conversations back at work.

Our Problem Solver Series focus on Bullying is a practical webinar that provides individuals with personal strategies with real, practical and effective ways to deal with workplace bullying. Our webinar provides tools and tips that you can immediately implement in your workplace and personal life in order to help address and reduce the stress resulting from dealing with workplace bullying.

Accreditations

This ProActive ReSolutions webinar is recognized through the following accreditations and qualifies for continuing education or career development reimbursement:

- According to Gallup Research:
  One in two employees have left their job to get away from their manager.
About ProActive ReSolutions

As pioneers and leaders in Building Respectful Workplaces, ProActive ReSolutions has been providing consulting and training solutions to global clients across multiple verticals since 2000.

ProActive Resolutions’ consulting and training solutions are structured around standardized, evidence-based research. It is this core foundation that allows us to develop and customize consulting and training solutions to meet the needs of our global clients irrespective of their vertical and nationality.

Our integrated solutions philosophy allows us to develop and customize our consulting and training solutions around 3 key strategies of:

- PREVENTING disrespectful workplace behaviours,
- REPAIRING relationships damaged by workplace conflict and
- PROTECTING those at risk from violent behaviour.

60K+ People Trained Globally and Counting.

Our Industry Thought Leaders

John M. McDonald is our Chief Executive Officer of ProActive ReSolutions. He has worked in the field for 25 years and is a respected thought leader in workplace conflict transformation and the author of the book “Transforming Conflict”, regarded as an essential text for anyone interested in understanding and managing workplace conflict.

Richard D. Hart, LLB, C.Arb. Richard is our Vice President of Global Business Development. He has over 20 years experience in the field and presents internationally on conflict management and dispute resolution topics.

Contact ProActive ReSolutions

Contact us today to learn more about our standardized and customized consulting and training services.

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