

Surviving Workplace Bullying

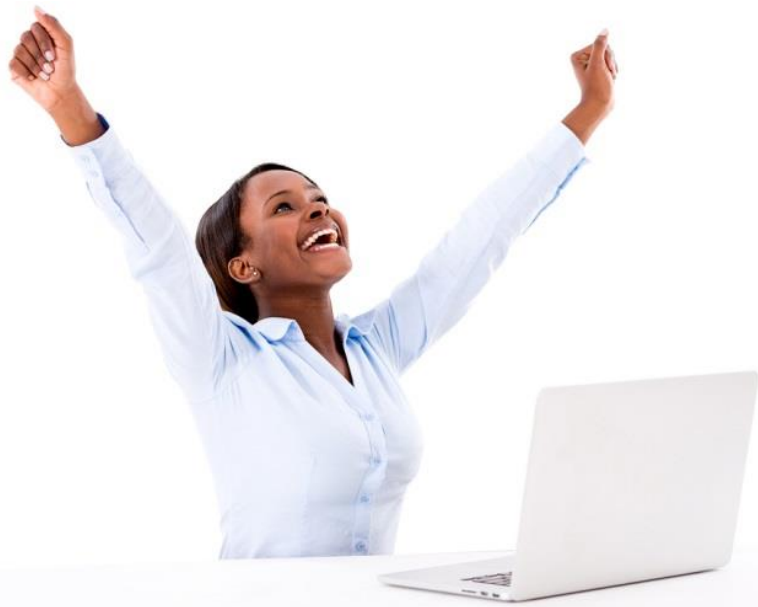
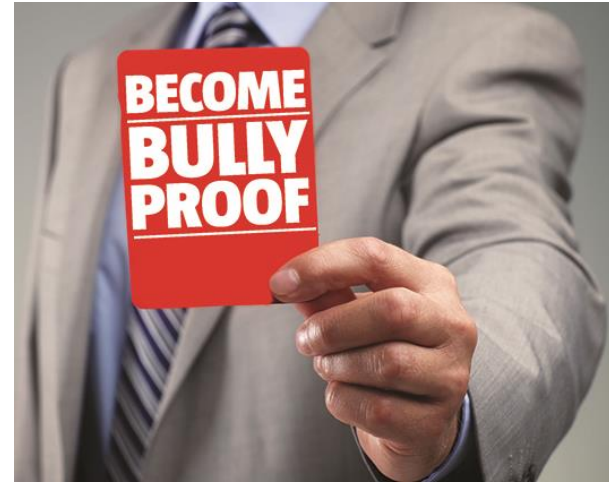
From being bullied to being bully proof

One Day Workshop

*Workplace bullying is on the rise
with 96% of people claiming
to have experienced it*

- VitalSmarts Report

Whatever the form, the impact of bullying is severe, destructive and may fall on the spectrum of psychopathic behaviour. This workshop aims to close some gaps in understanding the bully in the workplace and provides tools for dealing with their behaviours from both a systemic and an individual approach.



Workplace bullying is a persistent pattern of mistreatment from others in the workplace that causes harm. It can include such tactics as verbal, nonverbal, psychological, physical abuse and humiliation and may be covert or overt. Negative effects are not limited to the targeted individuals, and may lead to a decline in employee morale and a change in organisational culture.

Topics covered

- How bullying shows up in the workplace
- Understanding the dynamics of the workplace bully
- The impact on individuals, teams and organisations
- Looking at the corporate culture as an enabler
- What are our triggers and how to manage them?
- The solution – what can we do about it?

More about Lauren



Lauren Davis

Lauren is a clinical psychologist and accredited Time To Think™ coach. She consults mainly in the corporate world with a focus on personal, team, leadership and organisational effectiveness. She has worked with numerous executive and senior leadership teams across multiple industries.

Lauren believes that her clinical psychology background brings added value to the corporate world where her knowledge and continuous study of human behaviour enables her to provide insight into supporting and guiding employees and leaders in the business world to move towards finding their purpose, unleashing their passion, fulfilling their potential and optimising their performance.

IN-HOUSE WORKSHOPS

Our recommendation is that this world-class intervention should be run as part of your in-house management development curriculum, at a venue and on a date that is convenient for you.

For more information about this cost-effective option, please contact **Kym Jackson** on 082 453 9393 or kym@symphonia.net