



**THE
ENTERPRISE
CENTRE**

Workplace Bullying ENT1572

1 Day

Objective

Psychological abuse and bullying in the workplace are on the rise in Canadian workplaces. Employees may not even be aware that they are being bullied. This can have a profoundly negative effect on both the individual and the employer through increased absenteeism, decreased productivity, and low morale. Employees and employers can take steps to eliminate this issue and to ensure a safe and productive workplace for everyone.

This workshop will explore bullying in the workplace by:

- Defining workplace bullying.
- Looking at the patterns or behaviours of workplace bullies.
- Examining the impact on both the individual and the employer.
- Learning the steps to take if you feel you are being bullied.

Process

Participants will take part in a variety of exercises designed to stimulate discussion of the topics covered. They will practice techniques for later use in their specific work environment and in day-to-day life.

Participants will be able to:

- Identify the behaviours of office bullies.
- Understand the impact of bullying on an individual and on the employer.
- Apply conflict management strategies to a variety of situations.
- Learn from each conflict experience to develop and expand an understanding of this workplace situation.
- Help create a safe and positive workplace for themselves and for others.