



Harassment Training

Workplace Harassment is always a serious matter within the workplace and the single harassment of an employee can create various ripples all across the company. For the employees directly experiencing it, it can create various psychological problems such as traumas and even depression, all of which can definitely hamper their ability to work or even stay in your company. The gravity of this situation is such that it can become very painful for all involved: supervisors may find that their team has lost all cohesion and can therefore result to a loss in productivity and profit. In fact, some of these cases can even spread across various social media platforms, creating needless controversy for the company, and alienating both employees and customers.

It is very important for employees to learn how to deal with workplace harassment in their various forms, so that they may be made aware of the proper channels and the right techniques with which to help comfort others who may end up experiencing it. Our training course will define what workplace harassment is, determine various instances that people may or may not be aware of, how to use the necessary channels, anger management and various others that will ultimately help them become more resilient and aware of what to do in the workplace.

Course Overview

The first part of the day will be spent getting to know the participants and discussing the workshop. Students will have the opportunity to identify their learning goals.

The definition of workplace harassment

In this session, participants will learn what is workplace harassment and how figure out workplace harassment as soon as it takes place, before all is too late.

The proper channels for dealing with such matters

In this session, participants will learn how to deal with workplace harassment, considering disciplinary, legal or psychological action to address the conflict.

The first signs of workplace harassment

During this session, participants will be taught how to work together to maintain a conducive work environment by knowing about the first possible signs of workplace harassment, usually in the way a fellow colleague asks, before it becomes far too late.

Coping Techniques

Next, participants will learn the techniques how proper communication, breathing exercises, changes in lifestyle and even certain self-talk techniques can help mediate conflict in the workplace.

Anger Management

In this session, participants will learn about peer-review panels and how to file grievances, so that a more peaceful and amicable result may be reached.

Workshop Wrap-Up

At the end of the course, students will have an opportunity to ask questions and fill out an action plan.

Visit <https://paramountraining.com.au> for more information or call 1300 810 725