



Workplace Bullying

Welcome to the Workplace Bullying Training.

Workplace bullying happens often, and it is very detrimental to team morale, productivity, and even the mental health of employees. Being bullied in the workplace may not sound possible, since we tend to associate bullies with the schoolyard, and almost always someone who is physically larger. Workplace bullying takes place in a more psychological manner, and that can be much more damaging to an individual than any physical blow.

This training course is therefore set to assist employers in detecting and quashing signs of workplace bullying, and to train employees to avoid it and report those who do such things.

Course Overview

We develop the first part of the session getting to know participants and discussing what's going to occur during the workshop. Students will also have a chance to identify their personal learning goals.

This workshop will help you teach participants how to:

- Describe what bullying is and isn't
- Understand the costs of bullying to people and organizations
- Identify bullying behaviors and the reasons behind them
- Know some strategies to prevent bullying and Understand what role you may play
- Know some ways to protect yourself from bullying
- Know what to do if you are bullied
- Identify appropriate solutions for a Bullying incident (inside and outside the organization)
- Help out with creating an anti-bullying policy

Defining Bullying

To start, you will be certain participants are on the same page when it comes to talking about bullying. We'll also offer some data from the Workplace Bullying Institute's 2010 survey.

Why Bullies Do What They Can

This session will explore the roots of bullying behavior and explore what it can look like. Various kinds of bullying are also defined.

Building a Shield Against Bullies

This session provides participants four tools to protect themselves against bullying. Participants will also learn about distorted thinking.

What To Do When It Happens to You

Next, Participants will learn long-term and short-term strategies for coping with and addressing bullying.

What To Do If You See Bullying

Sadly, Many people who see bullying do not do anything. This session will explore why and give participants a few things to do if they witness bullying.

Creating an Anti-Bullying Workplace

In this session, participants will learn about the key parts to anti-bullying policy, in addition to how to enforce and track it. Participants will also work on an action plan for their office.

The Law on Bullying

To conclude the program, participants will look at anti-bullying laws across the world.

Course Wrap-Up

At the end of the day, students will have a chance to ask questions and fill out an action plan.

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