

The Bully At Work What You Can Do To Stop The Hurt And Reclaim Your Dignity On The Job

As recognized, adventure as without difficulty as experience not quite lesson, amusement, as with ease as contract can be gotten by just checking out a book **The Bully At Work What You Can Do To Stop The Hurt And Reclaim Your Dignity On The Job** in addition to it is not directly done, you could admit even more something like this life, in the region of the world.

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[Bully in Sight](#) - Tim Field 1996

Bully In Sight is a comprehensive guide on how to predict, resist, challenge and combat bullying in the workplace. Find out why some people become bullies while others become victims, and how and why the bullies victims are picked.

Bully Blocking at Work - Evelyn M. Field 2010

Provides an overview of workplace bullying, describes the effects of the act on the employees, and offers strategies for tackling the situation individually and as an organization.

[The Asshole Survival Guide](#) - Robert I. Sutton 2017-09-12

"This book is a contemporary classic—a shrewd and spirited guide to protecting ourselves from the jerks, bullies, tyrants, and trolls who seek to demean. We desperately need this antidote to the a-holes in our midst."—Daniel H. Pink, best-selling author of *To Sell Is Human* and *Drive* How to avoid, outwit, and disarm assholes, from the author of the classic *The No Asshole Rule* As entertaining as it is useful, *The Asshole Survival Guide* delivers a cogent and methodical game plan for anybody who feels plagued by assholes. Sutton starts with diagnosis—what kind of asshole problem, exactly, are you dealing with? From there, he provides field-tested, evidence-based, and often surprising strategies for dealing with assholes—avoiding them, outwitting them, disarming them, sending them packing, and developing protective psychological armor. Sutton even teaches readers how to look inward to stifle their own inner jackass. Ultimately, this survival guide is about developing an outlook and personal plan that will help you preserve the sanity in your work life, and rescue all those perfectly good days from being ruined by some jerk. "Thought-provoking and often hilarious . . . An indispensable resource."—Gretchen Rubin, best-selling author of *The Happiness Project* and *Better Than Before* "At last . . . clear steps for rejecting, deflecting, and deflating the jerks who blight our lives . . . Useful, evidence-based, and fun to read."—Robert Cialdini, best-selling author of *Influence* and *Pre-Suasion*

[The Workplace Bullying Handbook](#) - Paul Pelletier 2018-11

Designed as an easy-to-read, practical handbook, the *Workplace Bullying Handbook* is a single resource that enables anyone to effectively take action when we are confronted with a potential bullying problem at work.

The Bully-Proof Workplace: Essential Strategies, Tips, and Scripts for Dealing with the Office Sociopath - Peter J. Dean 2017-03-03

Crucial tools and advice for dealing with bullies in the workplace and creating a productive, bully-free environment An alarming number of employees suffer from bullying at work. The cost of bullying is enormous—from the lost productivity, trust, and well-being among workers to the expense of replacing people who leave, increased healthcare, and litigation. *The Bully-Proof Workplace: Essential Strategies, Tips, and Scripts for Dealing with the Office Sociopath* is designed to help alleviate this damaging workplace trend. This invaluable survival guide provides strategies, actionable advice, and sample dialogues to engage the different types of bullies, manage aggressive employees, and create a bully-proof environment.

[Dying for a Paycheck](#) - Jeffrey Pfeffer 2018

"In this timely, provocative book, Jeffrey Pfeffer contends that many modern management commonalities such as long hours, work-family conflict, and economic insecurity are toxic to employees--hurting

engagement, increasing turnover, and destroying people's physical and emotional health--while also being inimical to company performance. He argues that human sustainability should be as important as environmental stewardship. You don't have to do a physically dangerous job to confront a health-destroying, possibly life-threatening workplace....In "Dying for a Paycheck", Jeffrey Pfeffer marshals a vast trove of evidence and numerous examples from all over the world to expose the infuriating truth about modern work life: even as organizations allow management practices that actually sicken and kill their employees, those policies do not enhance productivity or the bottom line, thereby creating a lose-lose situation. Exploring a range of important topics, including layoffs, health insurance, work-family conflict, work hours, job autonomy, and why people remain in toxic environments, Pfeffer offers guidance and practical solutions that all of us--employees, employers, and the government--can use to enhance workplace well-being. We must wake up to the dangers and enormous costs to today's workplace, Pfeffer argues. "Dying for a Paycheck" is a clarion call for a social movement focused on human sustainability. Pfeffer makes clear that the environment we work in is just as important as the one we live in, and with this urgent book he opens our eyes and shows how we can make our workplaces healthier and better."--jacket flaps

[Workplace Bullying in Higher Education](#) - Jaime Lester 2013-01-17

Higher education leaders, managers, human resource professionals, faculty, and staff increasingly face uncivil, bullying behaviors in academe. This can manifest itself as constant public humiliation by a new department chair, exclusion of a contingent faculty member, undermining of work performance by a supervisor, stalking by a staff member, or taunting. As higher education institutions continue to face budget issues and external pressure, the incidences of bullying are on the rise. This edited volume provides guidance on the nature and impact of bullying, legal and ethical issues, and approaches to assist leaders in facing these challenges in their colleges and universities. Research-based chapters cover the impact of bullying on the workforce, the ways that bullying manifests within different sub-cultures and at different institutions including community colleges, the legal and ethical issues of bullying, and recommendations to address bullying on campus. Exploring bullying policies and innovative programs, this book provides a better understanding of how to rethink current policies and practices to proactively create more civil cultures. *Workplace Bullying in Higher Education* is a valuable resource for all higher education leaders and professionals on understanding, mediating, and preventing bullying.

[Mobbed!](#) - Janice Harper, 2013-08-24

Sometimes they really are out to get you. If you have been the target of group bullying in your workplace, school, church or community, you are not alone. Mobbing is a patterned and predictable form of group aggression that happens when someone in a position of leadership sets out to eliminate someone and persuades the rest of the group to go along. In *Mobbed! What to Do When They Really Are Out to Get You*, anthropologist Janice Harper explains how and why mobbing happens and suggests steps you can take to protect yourself once it's underway. Drawing on research in animal behavior, group psychology, gossip and false memory, Dr. Harper demonstrates how current approaches to eradicating "bullies" in the workplace are more likely to backfire than help the mobbing target. In this book, she presents an entirely new way to understand collective human aggression and heal from its devastating impacts.

I Hate People! - Jonathan Littman 2009-06-10

Face it, whether your company has 10 employees or 10,000, you must grapple with people you can't stand

in the office. Luckily Jonathan Littman and Marc Hershon have written *I Hate People!*, a smart, counter-intuitive, and irreverent turn on the classic workplace self-help book that will show you how to identify the Ten Least Wanted -- the people you hate -- while revealing the strategies to neutralize them. Learn to fly right by the "Stop Sign" (nay-sayer) and rise above the pronouncements of the "Know-it-None." *I Hate People!* will teach you how to carve out more time for yourself by becoming a "Soloist" -- one of those bold individuals daring to work alone or collaborate with a handful of other talented people...while artfully deflecting the rest.

Bullying in Teams - Aryanne Oade 2017-12

A read-able practical guide to team bullying. This insightful book is packed with real-life examples. Learn how to combat team bullying straightforwardly and simply. Avoid becoming a passive enabler or an active colluder. Navigate the complex shifts in power dynamics when one person bullies another. Recover your self-confidence after team bullying.

The Handbook of Dealing with Workplace Bullying - Anne-Marie Quigg 2016-03-03

The topic of workplace bullying and abuse gained considerable public and media attention during 2013 when the scandal of events at the BBC was unveiled following an enquiry led by Dinah Rose QC. The *Handbook of Dealing with Workplace Bullying*, edited by Dr Anne-Marie Quigg, presents the collective wisdom and knowledge of a number of lawyers, management experts and academics from around the world. The key themes include understanding the law in each country represented and the responsibilities of individuals as well as management teams and governors in organizations. New case studies are supplied by people working with and within HR teams who have professional experience of dealing with the issue, as well as practical suggestions that are of use to managers, to people accused of bullying and also to people who find they are targets of bullying. Dr Quigg summarizes the range and scope of the contributions by the individual contributors, commenting on the research findings and professional experience that informs them. The book thus reflects the variety of options for dealing with bullying that are relevant in different parts of the world, and focuses on advice that is pertinent in real life, rather than presenting a collection of academic theories.

Workplace Bullying and Mobbing in the United States [2 volumes] - Maureen Duffy 2018-01-04

Offering multidisciplinary research and analysis on workplace bullying and mobbing, this two-volume set explores the prevalence of these behaviors in sectors ranging from K-12 education to corporate environments and exposes the damaging effects of workplace bullying on both individuals and organizations. • The first comprehensive, multi-contributor book on workplace bullying and mobbing grounded in American employee relations • An ideal starting place for anyone seeking to better understand the breadth and depth of research on workplace bullying and mobbing in the United States • Features contributions from leading researchers and subject-matter experts on workplace bullying and mobbing, including some who are founding members of the U.S. Academy on Workplace Bullying, Mobbing, and Abuse • Summarizes and analyzes leading research for scholars and researchers in industrial/organizational psychology, clinical and counseling psychology, organizational behavior and communications, business management, law, and public health

Surviving Bullies, Queen Bees and Psychopaths in the Workplace - Patricia G. Barnes J.D. 2013-07

Targets of bullying are not powerless. Lawsuits are filed everyday against employers who tolerate or encourage workplace bullying. This book helps both employers and workers understand the problem, evaluate their options and take constructive action. Employers will learn the difference between tough and bullying management and how to respond effectively to bullying complaints. Workplace bullying costs American employers billions annually in needless turnover, higher medical costs and expensive litigation. The author is a judge, attorney and expert in workplace bullying.

Free Yourself from Workplace Bullying - Aryanne Oade 2015-05-31

'Exactly the book you need if you are feeling intimidated by a bully.' Workplace bullying can be a toxic experience. It can lead to plummeting self-esteem, destroy your self-confidence, and impair your ability to perform. But the good news is there is no need for expensive and risky legal action - which you might not even win - or a stressful formal complaint. You don't have to leave your job, either. Discover how to protect yourself from grooming and bullying. Learn how to defend yourself at the time of an attack. Re-gain your

self-confidence and self-esteem following the devastation of bullying. This practical guide includes real-life examples and proven strategies which will stop bullying in its tracks. It is packed full of tactics, insight and empathy which will benefit you if you have experienced workplace bullying, or if you are concerned that you may be targeted in the future. It includes how to: - Recognise and defeat bullying behaviour simply and straightforwardly. - Understand the bullying dynamic, and learn how to alter it in your favour. - Respond effectively to a range of bullying tactics including slander, gossip, rage, lies and innuendo. - Defend yourself when your performance is questioned as part of a bullying campaign. - Respond effectively when a bullying team member opposes your authority on principle. - ...and much more. 'A must read for anyone who is being bullied or who needs to recover from workplace bullying.' Aryanne Oade has worked as a chartered psychologist for over twenty years. She coaches clients to recover from the debilitating effects of workplace bullying, and to re-discover their energy and enthusiasm. She is the bestselling author of six books. www.oadeassociates.com "This is a brilliant, insightful guide and toolbox for managing, escaping and recovering from bullying in the workplace...essential reading." PROFESSOR DONAL MACINTYRE Investigative Journalist and Broadcaster; Visiting Professor, School of Applied Criminology, Birmingham City University "This is a seriously courageous - and much-needed - book. Aryanne gracefully empowers the bullied to take responsibility for resolving the situation without in any way 'blaming the victim'." BENNIE NAUDE International Energy Psychology Expert "Easy-to-read and practical, this book gives effective, realistic help for those who are being bullied... The extensive toolkit provides a myriad of ideas for tackling bullying situations." PROFESSOR CHARLOTTE RAYNER Outgoing President: International Association of Workplace Bullying and Harassment "This is exactly the book you need if you are feeling intimidated by a bully at work, are involved in HR or L&D, or are managing staff." TRACY WRAY Deputy HR Director, Sheffield University "This very readable book is from an author with real insight into this difficult area. The book is full of practical tools to assist the reader to regain their power from the bully in a professional and dignified way." JACKIE GREEN FCIPD former HR Director for Leeds Teaching Hospitals NHS Trust and Royal Liverpool and Broadgreen University Hospitals "Aryanne's insightful book is an invaluable aid and toolkit to understanding, addressing and overcoming bullying behaviour." STEVE MOON former Head of Energy, Global Project Finance, Bank of Ireland "Aryanne ...adroitly and sensitively highlights the nuanced character of bullying, sharing with readers an empowering set of tools through which to address it." DR PREMILLA D'CRUZ Professor of Organizational Behaviour at Indian Institute of Management Ahmedabad "I wish I'd had this book to hand early in my career... This book will provide a treasure trove of useful information and help for anyone suffering from - or having suffered - bullying." JOHN ALLISON former General Manager of a large publishing company"

Jerks at Work - Tessa West 2022-01-25

A practical and hilarious guide to getting difficult people off your back, for anyone pulling their hair out over an irritating colleague who's not technically breaking any rules From open floor plans and Zoom calls to Slack channels, the workplace has changed a lot over the years. But there's one thing that never changes: you'll always encounter jerks. *Jerks at Work* is the definitive guide to dealing with—and ultimately breaking free from—the overbearing bosses, irritating coworkers, and all-around difficult people who make work and life miserable. Social psychologist Tessa West has spent years leveraging science to help people solve interpersonal conflicts in the workplace. What she discovered is that most of our go-to tactics don't work because they fail to address the specific motivations that drive bad behavior. In this book, she takes you on a rollicking deep dive of the seven jerks you're most likely to encounter at the office, drawing on decades of original research to expose their inner workings and weak points—and ultimately deliver an effective game plan for stopping each type before they take you down with them. *Jerks at Work* is packed with everyday examples and clever strategies, such as how to: • Stop a Bulldozer from gaining influence by making sure they're not the first to speak up in meetings • Report a Kiss Up/Kick Downer to a manager who idolizes them without looking like the bad guy • Protect your high-achieving team from Free Riders without stifling collaboration • Use a Gaslighter's tactics to beat them at their own game For anyone who's said "I can't stand that jerk!" more times than they'd like to admit, *Jerks at Work* is the ultimate playbook you wish you didn't need but will always turn to.

Beating the Workplace Bully - Lynne Curry 2016-01-13

They used to steal your lunch money and throw spit wads at you on the bus. Now they roam around from the boardroom to the break room looking to manipulate, intimidate, and humiliate--and eventually ruin your career! Beating the Workplace Bully is your ammunition for fighting back. Whether the bully is a boss or a coworker, this empowering guide will help you recognize what has been causing you to become a victim, then reveals how to:

- Avoid typical bully traps
- Remain aware and in charge
- Move past your fear
- Calm yourself in any confrontation
- Keep your dignity intact
- Handle sneak attacks
- Combat cyberbullying
- And more

Complete with exercises, assessments, and real-life examples, this personal coaching program will help you reclaim your power and defeat the office bully once and for all!

How to Resolve Bullying in the Workplace - Alan Sharland 2016-04-19

Bullying in the workplace is an increasingly present phenomenon within relationships at work. However, the need to prove that bullying has occurred before action can be taken is an immediate obstacle to moving forward in difficult workplace relationships. The ambiguity and subjectivity associated with the concept of bullying becomes an obstacle to creating more effective responses to their situation for all involved in difficult workplace relationships. Those who feel bullied, those who are accused of bullying and those who manage such situations can be distracted from attempts to resolve the situation by the subjectivity and confusion associated with the need for 'proof'. As a result a circle of blame will often arise that leaves all involved dissatisfied with the outcome - if a clear outcome is even possible. This book recounts the experiences of the author, who works as a mediator and conflict coach, in which he has seen work colleagues involved in bullying allegations find ways of resolving their difficulties through a focus on discussing the detail of the behaviours involved in the situation rather than simply focus on proving bullying has or has not occurred. The 'one size fits all' concept of bullying is usually inadequate as a description of the experiences of those involved in broken working relationships and the accusations and counter-accusations tend to maintain the broken relationship rather than mend it. The book gives examples of dialogues that can occur, distilled from real-life discussions, that focus on creating more effective working relationships instead of allocation of blame, seeking retribution and retaliation. The hypocrisy and ultimate ineffectiveness of traditional approaches to allegations of bullying is addressed from the start and the combative and retaliatory language associated with most literature about the topic is highlighted as an indication of how the phenomenon of bullying is self-perpetuating when it is responded to and discussed in this way.

The Bully at Work - Gary Namie 2009

Identifying pervasive and destructive cycles of workplace bullying as well as their negative impact on careers and families, a revised edition based on an updated survey explores issues of relevance to twenty-first-century employees while instructing readers on such strategies as identifying allies, building up confidence, and picking one's fights. Original.

The Bully at Work - André Brink 2009-06-01

A landmark book that blazed light on one of the business world's dirtiest secrets, *The Bully at Work* exposed the destructive, silent epidemic of workplace bullying that devastates the lives, careers, and families of millions. In this completely updated new edition based on an updated survey of workplace issues, the authors explore new grounds of bullying in the 21st century workplace. Gary and Ruth Namie, pioneers of the Campaign Against Workplace Bullying, teach the reader personal strategies to identify allies, build their confidence, and stand up to the tormentor - or decide when to walk away with their sanity and dignity intact. The Namies' expertise on workplace bullying has been featured in such media outlets as *The Early Show*, CBS Radio, *The Howard Stern Show*, CNN, PBS, NPR, USA Today, and the *Washington Post*. "This is the best book on what workplace bullies do and how to stop them in their tracks. The Namie's remarkably useful and concrete advice has helped millions of people, and *The Bully at Work* will spread their tried-and-true wisdom to millions more." -Robert I. Sutton, Stanford Professor and author of *The No Asshole Rule* "Sheds light on one of the business world's dirtiest secrets - corporate bullying." -*Dayton Business Journal* "Filled with remedies for an ailment that is ravaging workplaces..." -Harvey A. Hornstein, PhD

Carrie - Stephen King 2008-06-24

Stephen King's legendary debut, the bestselling smash hit that put him on the map as one of America's favorite writers "Gory and horrifying. . . . You can't put it down." —*Chicago Tribune* Unpopular at school

and subjected to her mother's religious fanaticism at home, Carrie White does not have it easy. But while she may be picked on by her classmates, she has a gift she's kept secret since she was a little girl: she can move things with her mind. Doors lock. Candles fall. Her ability has been both a power and a problem. And when she finds herself the recipient of a sudden act of kindness, Carrie feels like she's finally been given a chance to be normal. She hopes that the nightmare of her classmates' vicious taunts is over . . . but an unexpected and cruel prank turns her gift into a weapon of horror so destructive that the town may never recover.

The Bully's Trap - Andrew Faas 2015-01-20

Working in an environment that is free and safe of bullying is a fundamental right, but the fact is that far too many employees are being denied this right. What can be done to insure that this right is upheld where you work?

The Shield of Silence - Lauren Stiller Rikleen 2019

The Shield of Silence looks at the culture of the workplace and its impact on women and other groups who bear the impact of sexual harassment, bullying, lewd and inappropriate remarks, and other behaviors that can negatively impact the experiences of people each day.

Barking Up the Wrong Tree - Eric Barker 2017-05-16

Wall Street Journal Bestseller Much of the advice we've been told about achievement is logical, earnest...and downright wrong. In *Barking Up the Wrong Tree*, Eric Barker reveals the extraordinary science behind what actually determines success and most importantly, how anyone can achieve it. You'll learn:

- Why valedictorians rarely become millionaires, and how your biggest weakness might actually be your greatest strength
- Whether nice guys finish last and why the best lessons about cooperation come from gang members, pirates, and serial killers
- Why trying to increase confidence fails and how Buddhist philosophy holds a superior solution
- The secret ingredient to "grit" that Navy SEALs and disaster survivors leverage to keep going
- How to find work-life balance using the strategy of Genghis Khan, the errors of Albert Einstein, and a little lesson from Spider-Man

By looking at what separates the extremely successful from the rest of us, we learn what we can do to be more like them—and find out in some cases why it's good that we aren't. *Barking Up the Wrong Tree* draws on startling statistics and surprising anecdotes to help you understand what works and what doesn't so you can stop guessing at success and start living the life you want.

Workplace Ostracism - Cong Liu 2021-01-04

Workplace mistreatment is a burgeoning topic of interest, with the majority of workers having experienced it in some form. This book explores workplace ostracism and its negative effects on employee and organizational outcomes, such as employee attitudes, behaviors, and well-being. This edited volume defines workplace ostracism and examines how to differentiate ostracism from other type of workplace mistreatment, such as workplace incivility and interpersonal conflict. Among the questions it seeks to answer are: 1) what are the individual, relational, and contextual factors that influence employees' workplace ostracism experiences; and 2) what constitutes ostracism in stigmatized populations, such as international students, immigrant workers, and older workers. Researchers in organizational behavior, I/O psychology, and the sociology of work will find this book to be a valuable resource.

The Bully-Free Workplace - Gary Namie 2011-05-24

At long last a guidebook for employers that discusses workplace bullying from America's unrivaled leaders and creators of the workplace bullying consulting institute. Managers will learn how and why to stop bullying; prepare executives to lead the campaign and to resist undermining efforts of subordinates; and create a new, positive role for human resources. Outlining the required steps, *The Bullying-Free Workplace* includes information on how to create a preventive policy that brings consequences, like never before, when violated. The authors discourage half-hearted, short-term fixes that are prevalent today, and present their signature Blueprint methodology to successfully protect employee health and eradicate the psychological violence from organizations.

When You Work for a Bully - Susan Fetterman 2004

For employees who are tired of constant confrontation, this book provides instructions for leaving an abusive situation in the workplace in a dignified way and moving on in a manner that is financially

practical. Employees learn the numerous exit strategies available to get out of the abusive work situation, along with the benefits and drawbacks of each. From the decision-making process that will determine an employee's next steps to the information needed to implement this decision, this book provides the data and resources to make those difficult choices as well as the knowledge required to set them into action. Advice on everything from knowing how to identify a bully to utilizing self-defense tactics and budgeting finances enables bullied employees to take control of complicated and uncomfortable situations.

[The Bully Exposed](#) - Jonas Warstad 2014-07-29

As testified by a psychology professor, THE BULLY EXPOSED is a complete guide to dealing with bullies in the workplace. Filled with facts about bullying and offering doable solutions for every personality, it educates us on the psychology of bullies-why they are the way they are, how to communicate with them and, most important, how to get them to stop bullying you and your coworkers. This insightful book also introduces the reader to the "Law of Attraction" and helps us understand the role/responsibility of the victim while answering your questions about why you may be attracting workplace bullies; as well as giving you valuable, crystal-clear instruction on how to raise your self-esteem, self-worth, and self-confidence.

[Beating the Workplace Bully](#) - Lynne Curry 2016

Beating the Workplace Bully is filled with exercises, assessments, and real-life examples to help you recognize bullying tactics. With this practical, personal coaching program in your corner, you can reclaim your power and defeat the office bully once and for all.

[The Void Captain's Tale](#) - Norman Spinrad 2011-09-29

Welcome aboard the sex-drive void ship . . . Captain Genro commands the giant spaceship Dragon Zephyr - on board are ten thousand passengers in electrocoma, a smaller number of conscious passengers eagerly utilizing the ship's dream chambers - and a Pilot. In the context of space travel, the Pilot is merely a biological component in the machine. Always a woman, her function is to launch the ship into the Jump by means of a cosmic orgasm. She is a pariah, shunned by all. Void Captain Genro should never even have spoken to his Pilot, let alone tried to embark on a relationship with her. When he did so, the result was every space traveller's nightmare. A Blind Jump into the Void . . .

[Dr. Scott's Verbal Self Defense in the Workplace](#) - Daniel Scott 2009-12

"ARE YOU TIRED OF PEOPLE TELLING YOU, 'YOU'RE BEING TOO SENSITIVE'?" This book will teach you 6 simple, straight-forward, easy-to-follow steps for dealing with real world bullies in the workplace so you can put an end to their abuse for good. It's inevitable that people are going to occasionally say or do things that leave you feeling embarrassed, angry, ashamed, confused or upset. This book contains all the tools and techniques you'll ever need to handle those situations efficiently and effectively. No more sitting around feeling frustrated, looking back on an experience, thinking, "What I should have said was...!" Whether it's your boss, supervisor, co-worker, colleague, client, customer or a member of your own staff, you now hold in your hands a proven system to handle any incident in an appropriate, professional manner - while keeping your integrity intact. "Acknowledging your right to mental and emotional safety will help set the limits on what you are and are not willing to put up with." "Real and tangible advice about communication - which provides empowerment, as opposed to [mere] counseling - which [only] facilitates the victim-mentality." Catherine Mattice, www.noworkplacebullies.com "Practical advice, guidelines and exercises for evaluating and dealing effectively with workplace bullies." Janet Attard, www.businessknowhow.com

The Bully-Proof Workplace: Essential Strategies, Tips, and Scripts for Dealing with the Office Sociopath - Peter J. Dean 2017-03-03

Smart strategies for managing workplace bullies out of your life and business More than one in four Americans deals with an on-the-job bully. These office sociopaths don't just make individuals miserable. Their poison spreads throughout the company, damaging overall morale, creativity, productivity, and profitability. It doesn't have to be this way. Leading consultants Peter Dean and Molly Shepard have helped vanquish workplace bullying and now share their proven methods with you. In The Bully-Proof Workplace, they provide vital insight into the four major types of bullies: The Belier | Weapons of choice: slander, deception, and gossip The Blocker | Weapons of choice: negativity and inflexibility The Braggart | Weapons of choice: narcissism and a sense of superiority The Brute | Weapons of choice: aggression and intimidation These bullies may operate differently, but they all have one thing in common: a desperate need for control

based on deep-seated fear and insecurity. This invaluable survival guide equips individuals with strategies, tips, and scripts for managing interactions with bullies. Managers learn how to identify bullying, deal with it swiftly, and introduce zero tolerance for such behavior. And executives gain the information they need to create a corporate policy regarding bullying. We spend about 60 percent of our waking moments at work. Spending that much time under the thumb of a bully and dealing with the negative business effects of bad behavior is simply unacceptable. Whether you're a victim of bullying or a business leader tasked with building a collaborative corporate culture, The Bully-Free Workplace provides the critical insight and practical tools you need to successfully combat this ubiquitous but rarely addressed business challenge and ensure that bullies behave—or leave—so you and everyone else can get on with your work.

Who Says It's a Man's World - Emily Bennington 2013

For women ready to climb the rocky path from cubicle to executive suite--this practical guide offers everything you need to build your own fast-track career plan.

Successful Leaders Aren't Bullies - Matt Paknis 2018-09-25

My father loved power and expressed himself through domestic violence and bullying. I never thought I'd see that in the workplace too. As often happens with domestic abuse, I was vulnerable to being sexually abused, which happened between my fifth and eighth grades. Through good therapy, I found salvation in the two things I knew best: love and violence. I found football. I loved the teamwork, friendships, drills, the strategy. I was also good. Eventually, I was recruited by numerous Ivy League universities. I chose Brown. During senior year I was offered a coaching position of Brown's freshmen linemen. I jumped at the chance. This led to a unique opportunity to coach with Don James, a mentor of coaches at the University of Washington or with reigning National Championship Coach and Sportsman of the Year, Joe Paterno, at Penn State. I preferred Coach James's style, but my father bullied me into working for Paterno—and Jerry Sandusky—the two most vile and ruthless bullies in NCAA coaching history. In addition to Sandusky's horrific and hidden pedophilia, Paterno's and his staff's bizarre behaviors, abuse of power, control dynamics, bullying, selfishness, narcissism, and deceptions forever soured me to college football coaching. I was motivated to earn an MBA with a focus on how good sports concepts, namely great leadership and teamwork, can affect organizations. From my experiences, bullying is epidemic. Victims may not realize they are being bullied, they may not know where to turn for help and advocacy, and they may not know how to stop this vile behavior. Successful Leaders Aren't Bullies presents actual bullying cases I've experienced and addressed in the workplace with clients over the past twenty-six years. It empowers good leaders to choose leadership and to understand the benefits of leading with healthy behaviors and to intervene and to stop bullying. It will inspire and mobilize bullied victims to overcome and to thrive by presenting examples of resilient and healthy individuals and organizations.

The Positivity Solution - Shola Richards 2016-09-06

When Shola Richards's soul-sucking job left him feeling numb and suicidal, he switched focus and devoted himself to transforming the workplace into a space of relentless respect, courtesy, and endless energy. Meant to motivate current and future leaders, Making Work Work aims to start a movement that will banish on-the-job bullying, put meaning back into work, and enhance coworkers happiness and engagement."

Overcoming Mobbing - Maureen Duffy 2014

Overcoming Mobbing is an informative, comprehensive guidebook written for the victims of mobbing and their families who often can't make sense of the experience or mobilize resources for recovery.

Mobbing - Noa Davenport 1999

Everyday capable, hardworking, committed employees suffer emotional abuse at their workplace. Some flee from jobs they love, forced out by mean-spirited co-workers, subordinates or superiors -- often with the tacit approval of higher management. The authors, Dr. Noa Davenport, Ruth Distler Schwartz, and Gail Pursell Elliott have written a book for every employee and manager in America. The book deals with what has become a household word in Europe: Mobbing. Mobbing is a "ganging up" by several individuals, to force someone out of the workplace through rumor, innuendo, intimidation, discrediting, and particularly, humiliation. Mobbing is a serious form of nonsexual, nonracial harassment. It has been legally described as status-blind harassment.

Workplace Bullying - David Leads 2014-11-18

A bully for a boss makes life absolutely terrible Do you work for a boss that bullies you around? Do you feel fed up, exhausted, helpless, or powerless at work? You can gain back your power, your dignity, and your work life. And this book shows you how. Working for a bully boss is miserable. A bully boss mistreats you, abuses you, and most stressful of all - threatens your livelihood. The situation is unbearable because you need a job and your boss has direct power over your paycheck. It's easy to feel helpless. Also, the effects of a bully boss spill into other areas of your life. Since you're so stressed at work, you carry it with you everywhere you go and the stress will make your relationships and your health much worse. What do you do when you have a bully boss? Workplace Bullying takes you through the steps you need to take in order to feel empowered and get your life back on track. This book will teach you those steps. This books starts out with the signs you need to understand to determine if you are in fact being bullied by your boss - which is a very serious issue. Then this book discusses why being bullied is such a serious issue, and why you may have inadvertently put yourself in a situation to be bullied at work so you can understand what's going on. Next, the book discusses what you should do next. Starting with handling your internal emotions, this book guides you on how to document the abuse, when to stand up to the bully, how to gather support from family, friends, and coworkers, and how to expose the bully to your employer. This book also teaches you how to plan your exit from your employer and discusses the pros and cons to suing your employer. Last, this book helps you recover from the bullying. This is a process, which takes time, but it's a very important step in dealing with workplace bullying. You need to recover and regain your self-confidence so you can continue being productive and happy with your work life in your current job or with your next job. Recovering from a bully boss is a process. One that takes time, but one that can and must be done. Use this book as your guide in order to help you effectively recover from your despicable bully boss.

Bullying at Work - Andrea Adams 1992

"Bullying at work is only just beginning to be recognised as a significant factor contributing to workplace stress - and the costs of this can be great for both the individual and industry. Through devastating personal accounts this book explores the demoralising and often isolating experience facing countless women and men every day. It plots the destructive forces currently eroding our professional lives, providing

us with a deeper understanding of why things can go badly wrong. The self-help sections offer important practical advice, organisational guidance and, ultimately, a way forward for all those who value the need for psychological well-being at work."--Cover.

Back Off! Your Kick-Ass Guide to Ending Bullying @ Work - Catherine Mattice 2012-08-01

This book will arm you with the information and guidance you need to successfully navigate your way through the turmoil of dealing with workplace bullying and the managers who may deny your experiences are genuine. It provides the real facts and real, practical tools you can use to make real change - and end the bullying in your workplace.

Powerful Phrases for Dealing with Difficult People - Renee Evenson 2013-10-15

The key to a harmonious, highly effective work environment is not by ensuring you work among carbon-copies of yourself whose personalities never clash with one another or with you. That pipe dream could not ever happen, nor would it result in a successful team collaboration even if it could. Instead, most of us are going to work today with individuals who at times come across as incompetent, lazy, spotlight-hugging, whiny, or backstabbing. And then tomorrow we go to work with them again . . . and again . . . and again. Like it or not, the bulk of our waking hours are spent with people at work--people who can grate on our nerves. Therefore, learning to interact effectively with difficult employees, colleagues, and bosses is an absolute essential for our success. With Powerful Phrases for Dealing with Difficult People, anyone can learn how to confront head-on the difficult situations that can arise when dealing with these personalities, before they fester and spread. Helpful features inside this practical and easy-to-use book include: • Thirty common personality traits, behaviors, and workplace scenarios along with the phrases that work best with each • Nonverbal communication skills to back up your words • Sample dialogues that demonstrate how phrasing improves interactions • A five-step process for moving from conflict to resolution • "Why This Works" sections that provide detailed explanations Button-pushing situations are going to come up today at work--and tomorrow too. Don't let them rent space inside of you and turning everything to mold. Instead, choose to deploy simple phrases to regain control and resolve conflicts. When you do, you, your colleagues, and your company will be all the better for it!