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PHOENIX TS

Bullying in the Workplace

Due to Covid-19 safety restrictions PhoenixTS will temporarily be unable to provide food to our students who attend class at our Training Center; however, our Break Areas are **currently open** where students will find a constant supply of Coffee, Tea and Water. Students may bring their own lunch and snacks to eat in our breakrooms or at their seat in the classroom or eat out at one of the many nearby restaurants.

Course Overview

This 1-day, instructor led course will provide information on Bullying. Bullying is called the silent epidemic. Although half of workers have experienced or witnessed bullying, policies and laws dealing with it are far less prevalent. This is, in part, because bullying can be hard to identify and address. People wonder, what does bullying look like? How can we discourage it in our workplace? What can I do to protect my staff and co-workers?

- These questions are answered in this one-day course. Specific learning objectives include:
- Define what bullying is and is not
- Understand the costs of bullying to people and organizations
- Identify bullying behaviors and the reasons behind them
- Know some ways to prevent bullying and understand what role you can play
- Know some ways to protect yourself from bullying
- Know what to do if you are bullied
- Identify appropriate solutions for a bullying incident (within and outside the organization)
- Assist in creating an anti-bullying policy

Duration

1 Day

Price



\$895

Course Outline

Module 1: Course Overview

- Trainer and student introductions
- Course Objectives
- Personal Objectives

Module 2: Defining Bullying

- What is bullying?
- Examples of bullying
- Bullying statistics

Module 3: Why Bullies Do What They Do

- Origins of bullying behavior
- Various types of bullying

Module 4: Building a Shield Against Bullies

- Four tools to protect against bullying
- About distorted thinking

Module 5: What to Do If It Happens to You

- Short-term strategies
- Long-term strategies

Module 6: What to Do If You Witness Bullying

- Actions to take
- Why many people do not act



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Module 7: Creating an Anti-Bullying Workplace

- Key parts to an anti-bullying policy
- Enforcing your policy
- Monitor your policy
- Action plan for your workplace

Module 8: The Law on Bullying

- Anti-bullying laws around the world

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Starting at **\$895**

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GSA



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