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# Bullying in the Workplace

**BONUS! Cyber Phoenix Subscription Included:** All Phoenix TS students receive complimentary ninety (90) day access to the Cyber Phoenix learning platform, which hosts hundreds of expert asynchronous training courses in Cybersecurity, IT, Soft Skills, and Management and more!

## Course Overview

Our 5-day instructor-led Linux+ training and certification boot camp in Washington, DC Metro, Tysons Corner, VA, Columbia, MD or Live Online will help anyone looking to pursue or further their career working with Linux-based technologies. Businesses are quickly noticing that Linux provides an economic and practical solution to fulfilling their business needs; the system continues to make exponential growth the mainstream IT infrastructure market. Many large companies such as IBM, Dell, HP, Xerox and Lenovo either recommend or require the Linux+ certification.

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

## Schedule

Currently, there are no public classes scheduled. Please contact a Phoenix TS Training Consultant to discuss hosting a private class at 301-258-8200.

## 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

### Module 7: Creating an Anti-Bullying Workplace

- Key parts to an anti-bullying policy
- Enforcing your policy
- Monitor your policy



# Phoenix TS

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- 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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301-258-8200 - Option 4

# GSA



## Price Match Guarantee

We'll match any competitor's price quote. Call 301-258-8200 Option 4.