



# Bullying in the Workplace: Grabbing the Bull by the Horns!

Bullying is an attempt to control someone through the misuse of power and intimidation, and to leave the victim feeling helpless.

- + Definitions of "Bullying"
- + Recognizes subtle and overt methods of bullying
- + Explores personality traits
- + Outlines sound practices and policies
- + Develops solutions in what appears to be an impossible situation
- + Provides concrete interventions

★Recommended Option

Target	Front-Line Staff	Registered Staff	Managers
	●	●	●

Schedule	1 Hr *	1½ Hr *	3 Hr *	Full Day	Multi-Day
		●	● ★	●	


\*can be repeated multiple times throughout the day.

Extras	Handouts	Posters	Certificates	Info Binders
	●	●		

NOTES:

This workshop is also available under the title, "Empowerment in the Workplace". Choice of title is based on the message you would like to convey to staff when promotional posters go out prior to the presentation.



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