



Many States Have Put The Onus On The Employer

If you are in Human Resources Management, you have probably already noticed that a remark one person shrugs off and barely recalls a day or two later causes another individual anxiety and heightened stress. States are putting the responsibility for controlling bullies in the workplace on the employer, sometimes with significant penalties and/or legal liability for failing to control a bully.

How does an employer operate in an environment where the way a comment is perceived can have legal consequences? One way is by understanding what makes one person resilient enough to shrug off a comment while another takes it personally and feels threatened, or disempowered. Helping employees develop resilience increases positive outcomes.

That is our approach to anti-bullying in the workplace and it pays tremendous dividends throughout the organization—improving relationships of all types, thus reducing disruptive behaviors. The more empowered mindsets increase positivity, which improves both immune function and cognitive abilities. Ask us about other proven benefits.

At Bullying Prevention (For the workplace), you will learn:

- How to increase your own self-esteem and confidence, thus reducing the likelihood you will be a target
- Aspects of brain function that influence perception (to increase openness to new information and EQ)
- Why kindness and compassion provide long-term benefits, and how to increase them
- Increase resilience and ability to perceive casual remarks as intended (instead of as threatening)
- Why one employee perceives behavior as bullying, while another shrugs it off
- Reporting systems employees will actually use when they feel threatened
- How to use emotional guidance to avoid dangerous situations
- What makes someone behave like a bully
- Constructive techniques to feel better
- And much, much more

One's dignity may be assaulted, vandalized, and cruelly mocked, but it can never be taken away unless it is surrendered.
— Michael J. Fox

Program Dates & Locations

Register now to reserve your space. See our list of courses for details. A small deposit holds your reservation and any price discounts for which you qualify. See Form DCT for specifics including guarantees, disclosures, cancel., etc.

