

BULLYING AT WORK
TAKES MANY FORMS...
 WOULD YOU BE ABLE TO RECOGNISE IT?

WE HAVE LOTS OF ARTICLES AND TIPS ON OUR BLOG
WWW.IN-EQUILIBRIUM.CO.UK/DATEBOOK/BULLYING/

Provide training to raise awareness of bullying behaviours in your organisation.....
www.in-equilibrium.co.uk
 or call us on 0845 548 8054



But there are a so more subtle bullying behaviours...

- Excessive supervision being overly critical about minor things
- Personal insults, name-calling, spreading malicious rumours
- Reducing the job to routine tasks which are not best for the person's skills and capabilities
- TAKING THE CREDIT FOR ANOTHER PERSON'S WORK**
- Never stating to other's point of view
- Freezing out, ignoring excluding...
- Overriding someone's authority without warning or discussion
- DELIBERATELY WITHHOLDING INFORMATION WHICH THE PERSON NEEDS TO DO THE JOB PROPERLY**
- Removing whole areas of work responsibility from a person
- Always cutting across people
- SETTING TARGETS WHICH ARE IMPOSSIBLE, CHANGING TARGETS AND NOT TELLING THE PERSON**