

## Bullying and harassment workshops

An astonishing amount of people within the UK workforce will have come across bullying/harassment in one way or another. Stress, loss of confidence and self-esteem caused by harassment/bullying can have many negative consequences for an employee. Examples of which are job insecurity, poor concentration, accidents and errors, low motivation and job satisfaction, and absenteeism. Job performance will decline and relations in the workplace will suffer. All these come at a high cost to the organisation.

The aim of this workshop is to address bullying and harassment in the workplace by increasing people's knowledge of bullying and harassment and providing them with practical ways of combating unacceptable behaviours.

### Participants will learn:

- What is bullying and harassment in the workplace?
- Why combat bullying in the workplace?
- The bullied and the bully
- Methods of combating bullying and harassment in the workplace

- Skills required to manage bullying and harassment effectively
- Support systems
- Skill practice and role play

**Full day workshop £1,250**

**Half day workshop (4 hours) £850**

**Ideal group size is 8 - 15; however the workshop can be adapted for groups of any size.**

Workshops can be tailored to the participants attending the training. For example if this course is for managers then the training will be tailored to look at how managers can combat bullying and harassment within their teams.

BUPA Wellness offers a wide range of psychological services including Employee Assistance Programmes, critical incident response, training and consultancy services.

For more information or to book, please contact your BUPA Account Manager or call Victoria Nash on 07841 794 795.