



Strategies For Surviving Bullying at Work

By Evelyn M. Field

Australian Academic Press. Paperback. Book Condition: New. Paperback. 166 pages. Dimensions: 8.8in. x 5.9in. x 0.6in. No one goes to work to be humiliated, abused, ostracised, subjected to rumours, or assaulted. Yet this is the reality of a working day for many employees. Now you can do something about it. From the author of the highly successful introduction to workplace bullying *Bully Blocking at Work*, comes a practical guide to empower all employees to care for themselves and colleagues when faced with bullying behaviours. Beginning with an overview of social and emotional resiliency at work, the reader is shown how six key strategies based on the development of social skills can equip them to fight even the most persistent of bullies. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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