



Workplace Bullying: A 5-Step Guide to Overcoming a Hostile Work Environment

Noah Sullivan

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If you are the victim of a hostile office environment or workplace bullying, then this book is for you!

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Officeplace bullying, or any other type of harassment at work, simply cannot be tolerated under any circumstance. As an intelligent and developed society, we are inevitably coming to realize its destructive effects on the working environment and on employees as individuals. Not only does it decrease your work productivity and affect your motivation, but it is also tremendously harmful for your mental and physical well-being. No respectful company can afford to allow it, and you as an individual should not tolerate it either. This book is designed to help you recognize the specific elements of a hostile work environment, and then it will help you find the most effective way to address the problem. You will be equipped you with actionable steps that are guaranteed to produce a resolution, or at the very least, an improvement in your working environment. You'll soon be able to assert yourself as a worthy employee, and win over the right to a fair and safe workplace that will feel like a pleasant and welcoming environment once again. Let's get started!

Here Is A Preview Of What You'll Learn...

- How to Size Up the Situation
- Preparing to Take a Stand
- The Importance of Tapping Available Support
- Pursuing Direct and Indirect Action Responses
- How to Reassess and Chart the Next Course
- Much, much more!

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