Dignity @ WORK

How To Beat The BULLIES

Bullying is a widespread and serious problem and one which none of us can afford to ignore. Check out these top tips for beating bullies in your workplace:

Respect yourself
As soon as you encounter behaviour which is not acceptable to you, put an immediate end to it. If you allow anyone to make inappropriate comments on more than one occasion you set a dangerous precedent and it becomes more difficult to stop.

Confront the bully
The office bully thrives off the fact that you are too scared to confront them. Perhaps a small word in a public place may actually put an end to your workplace nightmare?

Keep a diary
As soon as you are on the receiving end of intimidating behaviour, make a diary to record all of the details - they could become evidence in the long run. You can also keep e-mails and letters, and note who else is present - they could act as a witness.

Don't miss out -
Just because one person in the office is being unpleasant make sure it does not jeopardise your relationship with other colleagues by refusing to go out for lunch or after work drinks. Failing to do so will isolate you.

Speak to your manager or a senior colleague
It is rare for a bully to pick on just one person in the office. Arrange a meeting with your Manager/ or another senior colleague if your manager is the problem, to see if the bully has a track record within the company - they may already be on their way out.

Get support
Being a member of a trade union is very important throughout this process. They can provide the support and expertise in this kind of situation. As well as having them onside to deal with the technical legal process their holistic approach can point you in the right direction of getting all the support you need for what is often an emotionally draining process.

Don't let the bully drag down
Make sure that you have things to look forward to outside work, like evening classes, going to the gym, seeing your friends etc, as your confidence will receive a much needed boost.