

## Management Essentials

*Recommended for all managers/team leaders/supervisors*

### Full day course covering:

- What is Bullying?
- What is NOT bullying?
- Personal Story of Workplace Bullying
- Where does bullying occur?
  - Workplace/school/online/sports etc
- Effect of bullying
  - Personal (mental/physical health)
  - Organisational (cost/productivity/reputation)
  - Managers obligations
- Mental Health Vs Mind Health
  - Breaking the stigma
- Leadership Vs Management
  - Choose your legacy
- Social media
  - Changing the face of bullying
- Harmful Bystander Vs Helpful Upstander
- Where to get help?  
(This module is built with clients formal reporting procedure/EAP)
  - For yourself & others

### Includes:

*Link to company vision, values and policies*

- Mindfulness Exercise
- Empathy Building
- Resilience Activity
- Gratitude Exercise

### Add on:

*Interactive learning tool*

- 'The Bullyologist- Breaking the silence on Bullying'

*Online course – Built into 'Grow' system*

- For every employee

### Objectives

- Clear understanding of workplace bullying - Cause & Effects
- Understand individual and organisation responsibilities
- Identify the signs of workplace bullying and how to respond appropriately

# Bullyology

*All the above can be delivered in a variety of formats, ranging from;*

- Full day face to face – Interactive workshop. With resources and follow up material/courses.
- Online training module in line with company 'Grow' platform. Audit for all individual employees of learning and attainment for company HR records
- Individual accreditation valid for 12 months – If required
- Company accreditation – Partnership options
- Full mobile/Staff application (including wellbeing modules)