

Bulletproof People - Bullying & Conflict Management Course Outline



FOCUS: Developing the skills, strategies and culture required to identify and respond to bullying and conflict in the workplace.

LENGTH: 3 options

- 1 hr Awareness session
- 4 hr Workshop
- Customised program

GROUP SIZE: 10-20 (Larger groups may require extra facilitators).

METHOD:  Personal reflection  Pairs collaboration  Group think & action

AWARENESS

1. Walk a mile in a bully's shoes.
2. Reading other people's feelings.
3. Defining what bullying is and is not.

IDENTIFY

1. Responding to ours' and others emotional needs during a confrontation.
2. Managing expectations.
3. Confronting a boss who bullies.

FUTURE

1. Curious conversations.
2. Options to prevent a toxic environment.
3. Creating a transparent culture.

TRANSFORM

1. Hosting a 'Constructive Vent' session.
2. What are my options to get help?
3. Developing a set of conflict & anti-bullying convictions.