



Workplace Bullying: Symptoms and Solutions

From Routledge



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Is bullying really that bad? Why do some people just watch it happening? How do you know if it is bullying or strong management? What kind of leaders are able to create positive working environments?

The effects of bullying on organisations and individuals can be devastating and can adversely affect both the workers themselves and the productivity of the organisation that they work for. This book explores the impact of bullying from the perspective of both the employee and the organisation in which they work. In addition to describing the negative outcome of bullying, *Workplace Bullying* also looks at ways to promote resilience and the opportunity for growth and learning to take place.

Divided into four sections, this book covers:

- the impact and symptoms of workplace bullying
- individual interventions
- organisational interventions
- underlying causes and future considerations.

Workplace Bullying is essential reading for anyone with responsibility to help and support workers involved in bullying as a victim, supporter, or investigator. It offers organisations a chance to create an environment that will not only build a more resilient workforce, providing appropriate and effective interventions, but also provides solutions that will lead to the possibility of individual and organisational growth and development.

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About the Author

Noreen Tehrani is a chartered occupational, counselling and health psychologist. She is Managing Director of Noreen Tehrani Associates.

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