

Testimonial about Workplace Bullying

Hi Janice

I attended your 'Dealing with Difficult People' workshop, I was also a victim of extreme workplace bullying for over 3 years. The workshop help me understand why the people that could help me didn't, they didn't have the skills required to deal with this very difficult situation, so I needed to take charge and deal with them in their personal styles. I am pleased to report that after the workshop I sought EPA counseling and finally found the courage to stand up for myself. My counselor helped me to understand that I wasn't the problem and if it wasn't me it would be someone else on the receiving end.

Bullying is so soul destroying and I feel for anyone who has been a victim, the impact on your health is enormous and the stress flows into all areas of your life. Your workshop started me on the right path to putting a stop to it.

I am happy to report that the Bully has finally been dealt with and I have now returned to work after 2 1/2 months of stress leave. Steps have been put in place to protect me and all other stakeholders in our company from any reoccurrence of the bullying behaviour.

I hope my fellow 'Dealing with Difficult People' bully victim has found a new, exciting and safe workplace and is now looking forward to the future. Bullying takes all the 'JOY' out of life.

Just wanted to say thank you again and that I'm looking forward to my next course.

Congratulations on 'International Self Esteem Day' we will certainly be Celebrating it at our company, and hope it spreads around the world.

From a happy workshop attendee. ☺