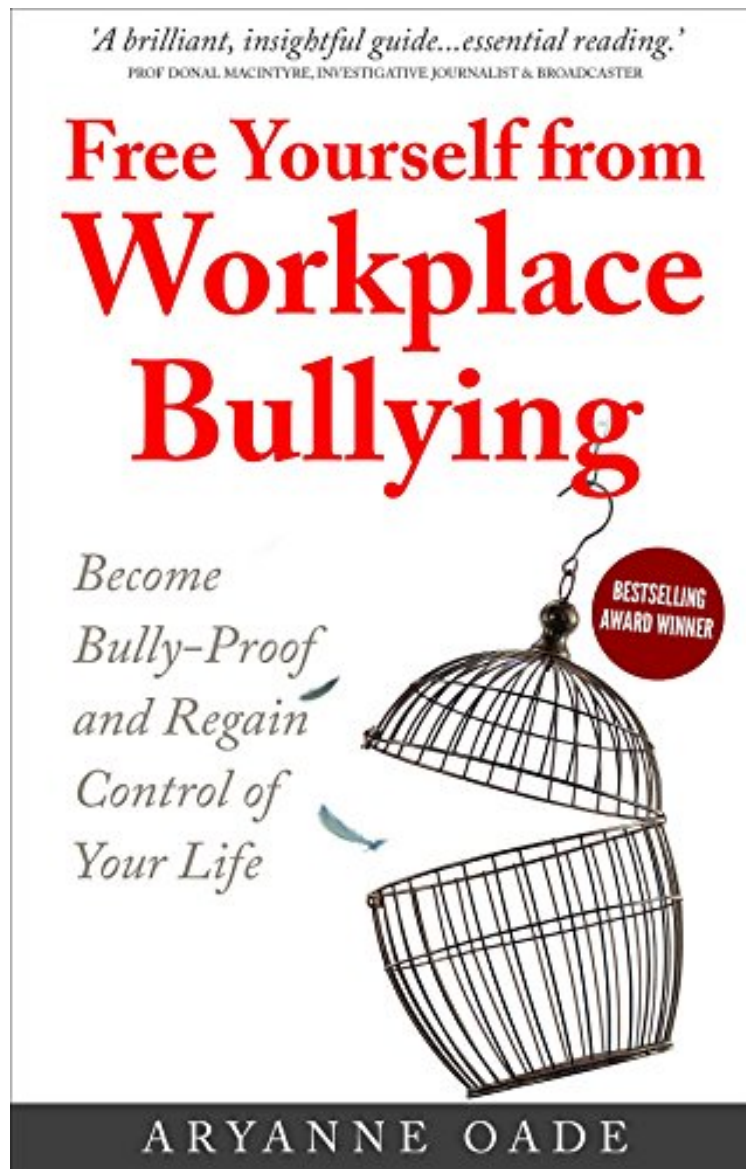


(Mobile book) Free Yourself from Workplace Bullying: Become Bully-Proof and Regain Control of Your Life

# Free Yourself from Workplace Bullying: Become Bully-Proof and Regain Control of Your Life

Aryanne Oade

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Aryanne Oade : Free Yourself from Workplace Bullying: Become Bully-Proof and Regain Control of Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Free Yourself from Workplace Bullying: Become Bully-Proof and Regain Control of Your Life:

1 of 1 people found the following review helpful. Practical and helpfulBy JRBest author I've ever read on the subject of 1 of 1 people found the following review helpful. nothing great.By flafreethinkerStandard information. Did not address the problems with real solutions. OK, nothing great.3 of 3 people found the following review helpful. This stunning book is the result of the author's many years of working with the bulliedBy Josh Anderson"Free yourself from workplace bullying" is aimed at managers and employees alike. It is meticulous in the examination of many case studies of bullying. Arianne Oade's book is extensive in its coverage of the subject, ranging beyond industry - where one typically more frequently comes across bullying - to teaching, medicine, and further education. I found the depth of analysis, leading to strategies for managing or responding to bullies in the work environment fascinating. For example, I had never thought of bullying as having an element of grooming in it, nor had I ever wondered what was going on in the mind of a bully: I had been too involved in having to deal with bullying to think of what was happening in a theoretical sense. Understanding the bully's rationale is essential to managing a response to it. I was lucky enough to work in and manage many highly motivated teams most of whom had a healthy dislike of authority, yet bullying was totally absent. Of course, we had our fair share of bullying senior managers who seemed to have learnt their people skills on the parade ground. They didn't last long, but I wish I had had this book to guide me.Arianne highlights ignoring/accepting bullying as colluding with the perpetrators. Organizations that proscribe such negative behavior are likely to be more successful in in the long term. To summarize, this book on bullying in the workplace will be of use and interest to anyone who has ever worked or is about to work:that's just about everyone I can think of.

Award winning bestseller on combating workplace bullying, de-toxifying from a campaign and recovering your self-confidence andnbsp;self-belief.'This is a remarkable resource, full of useful advice on a very serious topic.' Joy Orpen, Sunday Independent (Ireland)'This is a brilliant, insightful guide .... essential reading for everyone.' Professor Donal MacIntyre, Investigative Journalist and Broadcaster"Workplace bullying is about power: the bully wants to remove power from you and keep that control for themselves... The good news is: you have much more influence in a bullying dynamic than you realise." Workplace bullying can be a toxic experience. It can lead to plummeting self-esteem, destroy your self-confidence, and impair your ability to perform. But the good news is there is no need for expensive and risky legal action - which you might not even win - or a stressful formal complaint. You don't have to leave your job either. Discover how to protect yourself from grooming and bullying. Learn how to defend yourself at the time of an attack. Re-gain your self-confidence and self-esteem following the devastation of bullying.This practical guide includes real-life examples and proven strategies which will stop bullying in its tracks. It is packed full of tactics, insight and empathy which will benefit you if you have experienced workplace bullying, or if you are concerned that you may be targeted in the future. It includes how to:- Recognise and defeat bullying behaviour simply and straightforwardly.- Understand the bullying dynamic, and learn how to alter it in your favour.- Respond effectively to a range of bullying tactics including slander, gossip, rage, lies and innuendo.- Defend yourself when your performance is questioned as part of a bullying campaign.- Respond effectively when a bullying team member opposes your authority on principle.- ...and much more.lquo;[This] is definitely a title to be aware of should you or anyone you know be unfortunate enough to have experienced bullying in the workplace.rquo; Simon Toseland, Safety and Health Practitioner MagazineAryanne Oade has worked as a chartered psychologist for over twenty five years. She coaches clients to recover from the debilitating effects of workplace bullying, and to re-discover their energy and enthusiasm. She is the bestselling author of six books. [www.oadeassociates.com](http://www.oadeassociates.com)

'Award winning finalist for Best New Non-Fiction at the 2015 USA Best Book Awards and at the Wishing Shelf Book Awards 2015, and an honourable mention in the same category at the 2015 London and New York Book Awards.'"This is a brilliant, insightful guide and toolbox...essential reading." PROF DONAL MACINTYRE "This is a seriously courageous book. Aryanne...gracefully empowers the bullied...without in any way 'blaming the victim'." BENNIE NAUDE Intl Energy Psychology Expert"Easy-to-read and practical, this book gives effective help for those who are being bullied." CHARLOTTE RAYNER Outgoing President IAWBH"This is exactly the book you need if you are feeling intimidated by a bully." TRACY WRAY Deputy HRD Sheffield Uni"An empowering set of tools." DR PREMILLA D'CRUZ Indian Inst of Management"This very readable book is from an author with real insight....full of practical tools to assist the reader to regain their power from a bully in a professional and dignified way." JACKIE GREEN former HRD Leeds Teaching Hospitals Royal Liverpool and Broadgreen Hospitals"Aryanne's insightful book is an invaluable aid and toolkit." STEVE MOON former Head of Energy Bank of Ireland"... a treasure trove of useful information and help for anyone suffering from - or having suffered - bullying." JOHN ALLISON former General Manager of a large publishing companyThis is a remarkable resources, full of useful advice on a very serious topic. Joy Orpen Sunday Independent (Ireland)"[This] is definitely a title to be aware of should you or anyone you know be unfortunate enough to have experienced bullying in the workplace." -Simon Toseland Safety and Health Practitioner Magazine'Insightful and packed full of advice and analysis to help stop workplace bullying. A FINALIST and highly recommended.' The Wishing Shelf Book AwardsAbout the AuthorAryanne works as a chartered

psychologist, executive coach, author and publisher. She set up her coaching and development business Oade Associates in 1994, combining business psychology and professional acting in her projects. Since then, Aryanne has worked with over 40 client organisations based in the UK, Europe and North America. She is the bestselling author of a suite of six books on handling challenging workplace dynamics and a niche book for coaches. Aryanne is also an award-winning publisher. [oadeassociates.com](http://oadeassociates.com)