



Managing Workplace Bullying Workshops Building social and emotional resilience at work

Did you know that more than one in six people are bullied at work? Bullying causes many layers of damage. Adversarial tactics sabotage organisations, decrease performance and lower productivity.

The workshops will be facilitated by Evelyn M. Field, who is a practising psychologist, Fellow of the Australian Psychological Society, well-known media psychologist and professional speaker. She is a school and workplace bullying specialist. The core of her work is to help people develop social and emotional resilience, using her clinically proven social survival skills model. It has been presented to adolescents, parents, teachers, health professionals and organisations.



The workshops are designed to provide participants with skills to understand prevent and respond to those affected by workplace bullying. The workshops include theory, practical examples, cases and discussion.

Sessions will include:

- Session 1 Understanding bullying and harassment**
- Session 2 Strategies for Organisations**
- Session 3 Taking Action**
- Session 4 Developing resilience**
- Session 5 Conclusion**

Workshop 1:

Managers and CEO Workshop

Monday 16th March 2009

11.30am – 5.00pm (Lunch/Afternoon tea provided)

RSVP Tuesday 10th March

Venue - Sale Baptist Church (follow link for map)

<http://www.sbc.org.au/page.php?id=where>

Workshop 2:

Employees Workshop

Tuesday 17th March 2009

9.30am – 4.00pm (Morning tea/Lunch provided)

RSVP Tuesday 10th March

Venue - Sale Baptist Church (follow link for map)

<http://www.sbc.org.au/page.php?id=where>

**To register for these free workshops please contact:
Gippsland Women's Health Service on (03) 5143 1600 or email
admin@gwhealth.asn.au**