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*How I survived workplace  
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no one talks about | Kevin  
Ward | TEDxSantaBarbara  
Workplace Bullies: Why they  
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Bullying

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How To Survive Workplace  
Bullying: A Practical Advice  
?How to Stand Up to a  
Bully--Literally |  
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Training for Difficult  
People At Work Why do  
workplace bullies do it?  
Leadership in Eliminating  
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- Recognise and defeat bullying behaviour simply and straightforwardly.
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Free Yourself from Workplace Bullying by Aryanne Oade ... The bullying may not be deliberate. If you can, talk to the person in question as they may not realise how their behaviour has affected you. Work out what to say beforehand. Describe what's been happening and why you object to it. Stay calm and

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be polite. If you do not want to talk to them yourself, ask someone else to do it for you. Keep a diary

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