



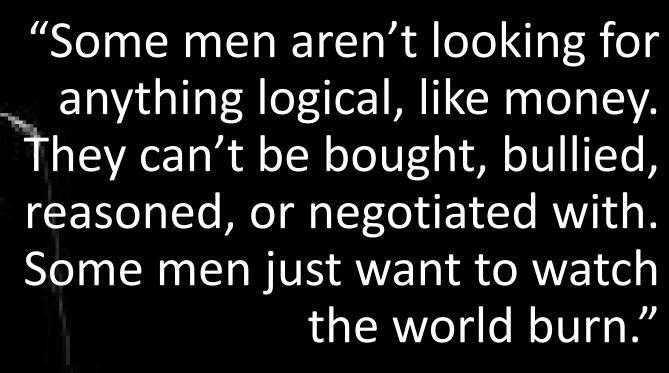
#### kevin kennemer

- Great Workplace advocate
- Organizational consultant
- Compensation consultant
- Speaker
- Blogger at www.thechiefpeopleofficer.com
- •Professional Positions: Founder, The People Group (2000-Present) | Chief HR Officer, SemGroup (2005-2007) | HR Director at Dollar Thrifty (1987-1999)
- •Volunteer Board Positions: Tulsa Casa, Inc. | Oklahoma Business Ethics Consortium

### today's agenda

- Characteristics of...
- The definition
- Prevalence of bullying
- **▶** Domestic abuse?
- Dirty dozen
- Synonyms
- ► Health impairments
- ► Top 10 workplace accidents





-Alfred talking to Bruce Wayne about how the Joker is different from most criminals

#### characteristics of the joker & a bully

"not a perfect fit but very close"

- ✓Zero empathy
- ✓ Skill of self-preservation
- ✓ Convinces others to side with bully (voluntary or coercion)
- ✓ Brutal infighting within his organization
- ✓ Agent of chaos

- ✓ Need to control targeted individual
- ✓ Undermines legitimate business interests





Workplace Bullying is repeated, health-harming mistreatment of one or more persons (targets) by one or more perpetrators.

-Workplace Bullying Institute

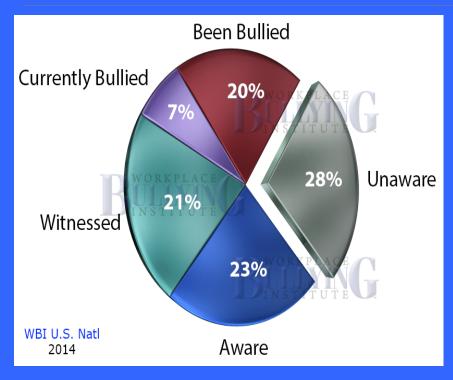
### abusive conduct that is...

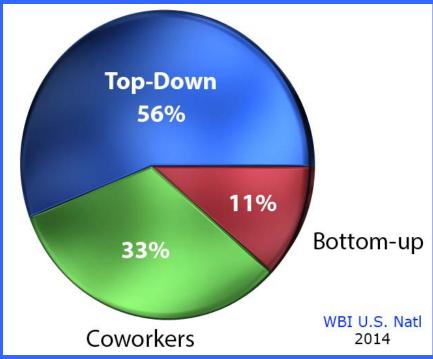


- 1. Threatening, humiliating, intimidating, or
- 2. Work interference sabotage which prevents work from getting done, or
- 3. Verbal abuse

-Workplace Bullying Institute

### prevalence of bullying









"Workplace bullying is like domestic violence where the abuser is living off the company payroll."

-Gary Namie, PhD

Co-Founder, Workplace Bullying Institute





Being bullied at work most closely resembles the experience of being a <u>battered spouse</u>. The <u>abuser inflicts pain</u> when and where she or he chooses, <u>keeping the target (victim) off balance</u> knowing that <u>violence can happen on a whim</u>, but dangling the hope that safety is possible during a <u>period of peace</u> of unknown duration. The target is kept close to the abuser by the nature of the relationship between them -- husband to wife or boss to subordinate or co-worker to co-worker.

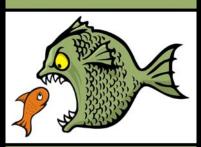
-Workplace Bullying Institute

# 1,816 books listed with search term,

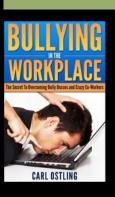
At Work

The Bully Exposed

THE SECRETS OF DEALING WITH BULLIES AT WORK



**JONAS WARSTAD** 



THE NEW YORK TIMES. With a NEW CHAPTER WALL STREET JOURNAL AND on the Rule and Its BUSINESSWEEK BESTSELLER | Surprising Impact

> THE No Asshole RULE

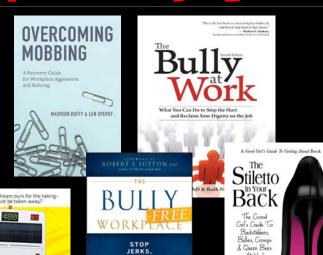
Building a Civilized Workplace and Surviving One That Isn't



ROBERT 1. SUTTON, P Author of Good Boss, Bad Boss

THE RISE AND FALL OF

AN AMERICAN WORKER TERESA ZERILLI-EDELGLASS



WEASELS,





# it's legit

It is perfectly legal\* to be a bully in the USA.

\*yet unethical





### the dirty dozen (bully behavior)

- 1. Personal insults
- 2. Invading a coworker's personal territory bubble trouble
- 3. Uninvited physical contact
- 4. Threats and intimidation verbal and nonverbal
- 5. Sarcastic jokes and teasing insult delivery systems
- 6. Withering emails "cc" and "bcc" as weapons

Source: Robert Sutton, PhD, Stanford University, author of New York Times Bestsellers, "The No-Asshole Rule" and "Good Boss, Bad Boss





- 7. Status slaps to humiliate victims (targets)
- 8. Public shaming or status degradation rituals
- 9. Rude interruptions
- 10.Two-faced attacks
- 11. Dirty looks
- 12. Treating people as invisible

Source: Robert Sutton, PhD, Stanford University, author of New York Times Bestsellers, "The No-Asshole Rule" and "Good Boss, Bad Boss

### synonyms of bullying



- Psychological violence
- Psychological harassment
- Personal harassment
- Status-blind harassment
- Mobbing
- Emotional abuse at work

## health impairments



- Nausea
- Tremors of the lips, hands, etc.
- Feeling uncoordinated
- Chills
- Profuse Sweating
- Diarrhea

- Rapid heartbeat
- Rapid breathing
- Elevated blood pressure
- Chest pain
- Uncontrollable crying
- Headaches



### bullying impact to workplace safety?

# Top 10 Causes of Workplace Injuries

- ✓ Fatigue
- Stress
- ✓ Workplace Violence
- ✓ Slips

- Trips
- ✓ Toppling objects
- Hazardous materials
- Repetitive motion
- Lifting
- Collisions

