

References & Recommended Reading List

Sullivan, Noah (2015) Workplace Bullying: A 5-Step Guide to Overcoming a Hostile Work Environment Curry, Lynne (2016) Beating the Workplace Bully: A Tactical Guide to Taking Charge
Borgeson, Glory (2015) Not all Bullies Yell and Throw Things: How to Survive a Subtle Workplace Bully
Chapman, Gary and White, Paul (2014) Rising Above a Toxic Workplace: Taking Care of Yourself in an Unhealthy Environment

Burnett, Peter (2019) BULLY, INC.: Your Definitive Guide to Neutralising and Eliminating the Workplace Bully

E mail: ssowidan@upbeatconsult.com | Web: www.youlearnme.com