

"CREATE A CULTURE WHERE BULLYING HAS NO HOME."

Focuses on systemic change rather than just individual behavior.

BULLYING DOESN'T BELONG AT WORK, BUT TOO OFTEN, WE TREAT IT AS "JUST OFFICE POLITICS." LET'S REDEFINE POWER:

Power is empathy, respect, and collaboration.

Strength is standing up, not putting others down.

Leadership is creating a culture where everyone feels safe and valued.

RECOGNISING THE SIGNS

Repeated negative comments or criticism

Exclusion from meetings or social interactions

Public humiliation or personal attacks

Unreasonable workloads or unrealistic deadlines

RESPOND EFFECTIVELY

Stay calm and document every incident (date, time, details)

Address it directly if safe: "I felt uncomfortable when..."

Seek support from a colleague, HR, or manager



**MIND
WORK
MATTERS**
The heart of wellbeing