



SimPRENA

Unit 15 - Key Takeaways on workplace bullying

1

Bullying in healthcare leads to burnout, decreased productivity, turnover, and health issues.

2

Open communication reduces bullying and promotes a positive work culture.

3

Bullying includes verbal abuse, exclusion, sabotage, physical aggression, and cyberbullying.

4

To build confidence acknowledge bullying, plan responses, use assertive communication and seek support.

5

Self-advocacy: know your rights, set boundaries, and remain professional when confronting bullying.

6

Stay calm, use neutral language, focus on solutions and seek mediation if needed.

7

HR and colleagues can provide essential support when confronting bullying.



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