

Working With You is Killing Me

Program Description

Overview:

- He is so incompetent it makes me crazy...
- When she does that it just gets on my nerves...
- He continually wastes my time by arriving late and missing deadlines.
- She invades my space and uses my stuff.
- He makes so much noise I can't concentrate!
- She talks so much and tells me things I really don't want to know.

Sound familiar?

This session, which is based on the book of the same name, you will learn why you are plagued by certain workplace “hooks”—people and situations that trigger strong negative internal reactions in you. We'll discuss the four steps to “unhooking,” a proven method for managing any workplace condition that frequently causes you to go through the roof!

Objectives:

This program will help you learn how to:

- Recognize the symptoms negative workplace relationships.
- Learn how to set boundaries and control your reactions to co-workers and others who cross those boundaries.
- Learn how to “unhook” yourself from difficult interpersonal situations physically, mentally, verbally or with a business tool.

Length: Workshop: 3-4 Hours

Participant Materials: Handout

Optional: Book—“Working With You is Killing Me”

Optional: Video—“Working With You is Killing Me”