Workplace bullying


“[K]nowledge of the causes of work-related illnesses and injuries has grown dramatically. Unfortunately, understanding how to use this knowledge for psychosocial risk prevention and intervention has failed to keep pace. The Australian Workplace Barometer (AWB) project was developed in order to provide national benchmarks needed to set best practice standards in the area of worker psychological health and wellbeing.” – Publisher website.


“Beating the workplace bully shows you how to fight back and out-strategize anyone who bullies. Whether the bully is a boss or co-worker, whether you’re the target of manipulation, intimidation, verbal abuse, or deliberate humiliation, this book will be your personal coach and show you how to: Avoid the typical bully traps; Stay strong and in charge; Move past your fear; Remain calm during any confrontation; Keep your dignity intact; Handle sneak attacks; Understand the steps that your employer or supervisors can take to address the issue; Combat cyberbullying; And much more.” – Back cover.


“In candid and entertaining interviews, leading lights from across Australian life recount how they were bullied and shunned at school just for being different. Not only did they survive the ordeal but their experiences helped shape them into the remarkable individuals they are today.” – Back cover. Contributors include: Missy Higgins, Adam Goodes, Hazem El Masri, Wendy Harmer.


“The appeal of this book is twofold. Firstly, it explores bullying from two perspectives within education, namely pupils, teachers and principals. Secondly, it is research based but the concerns, shortcomings and challenges which bullying presents in the educational environment are explored and realistic strategies and support strategies are proposed.” – Back cover.

Bullying: making the employer manage the risks; what works and what doesn't by Joan Lemaire. Surry Hills, NSW: NSW Teachers Federation, 2009. 658.3 LEM

This Eric Pearson study report explores strategies regarding bullying that have been adopted in both Ireland and the UK by government, health and safety authorities, teacher unions and other unions. Joan Lemaire is Senior Vice President of the NSW Teachers Federation.


“Data from research studies involving over 2500 participants identifies bullies and targets, examines the phenomenon across 10 demographic classifications, details the human and economic costs, and provides helpful advice and recommendations to school employees and school leaders.” – Back cover.


“At the heart of this book are teachers’ own stories about being bullied. Senior School Managers and Union Officials also give their accounts, of the strategies and tactics that they use to handle bullying, their suggestions on what steps to take once it has occurred, and how to positively manage it ... Crying in cupboards also looks at reasons for teachers being bullied, who become the targets, what the law can and can’t do about it, and the health and employment ramifications of it.” – Back cover.


“We all have people in our lives who frustrate, annoy or hurt us .... And most of us hurt others occasionally, too. In Difficult personalities Dr Helen McGrath and Hazel Edwards take common situations and offer strategies to help, including: anger and conflict management; achieving empathy; optimism and assertion; [and] making decisions about difficult relationships.” – Back cover.

Resources available from the NSW Teachers Federation Library
23-33 Mary St Surry Hills NSW 2010 Locked Bag 3010 Darlinghurst NSW 1300
Ph 02 9217 2113 Fax 02 9217 2481 E library@nswtf.org.au Web www.nswtf.org.au click on Services tab

July 2017
Workplace bullying

**Fear is power** by Anthony Gunn. Prahran, Vic: Hardie Grant Books, 2006. 658.3 GUN

This book “uncovers ten simple secrets you can use to harness your fear and make it work to your advantage.” – Back cover. Chapter 6 focuses on dealing with bullying.

**The handbook of dealing with workplace bullying** edited by Anne-Marie Quigg. Farnham, Surrey; Burlington, VT: Gower, 2015. 658.3 HAN

“New case studies are supplied by people working with and within HR teams who have professional experience of dealing with the issue, as well as practical suggestions that are of use to managers, to people accused of bullying and also to people who find they are targets of bullying ... The book [addresses] the variety of options for dealing with bullying that are relevant in different parts of the world, and focuses on advice that is pertinent in real life, rather than presenting a collection of academic theories.” – Back cover.

**The pocket psycho** by John Clarke. North Sydney, NSW: Random House Australia, 2007. 658.3 CLA

Workplace psychopaths “are cunning, self-centred and ruthless. They make working life a living hell for many of us. What motivates these individuals? How can you protect yourself from these snakes in suits who hide behind a veneer of respectability? ... Dr John Clarke shows you how to recognise and manage a workplace psychopath within your midst.” – Back cover.

**The question space: tools to aid recovery from workplace and other bullying** by Gail Foster. Hobart: Forty South, 2014. 331.1 FOS

“Clear explanations are given for the common experiences of grief, loneliness and shame. Tools are designed for possibility thinking and include The Traffic Light Exercise, The Question Space, Using Your Wonder Muscle and a simple ABC Strategy to counter future bullying tactics. The question space corrects many common misconceptions and concludes that post bullying trauma is very real, yet healing and joy are possible.” – Back cover.


“Resurrection tells the tragic true story of the death of Pat McDermott’s younger brother Matthew ... Matthew moved to Temora in New South Wales and lasted just six months. Pat’s memoir reveals the untold stories from Temora. Using family and friends’ recollections, as well as witness statements and official reports, discover the power of four young girls and a closed minded community. With an attitude of guilty until proven innocent, blinded eyes and rejection from those who are supposed to help, this young man’s life was ruined in a split second.” – Back cover.

**Tricky people: how to deal with horrible types before they ruin your life** by Andrew Fuller. Sydney: HarperCollins, 2013. 158.2 FUL

“Tricky people profiles the whole scary range of ‘difficult’ types: back-stabbers, white-ants, blamers, whingers, bullies, tyrants, controllers, charmers, know-it-alls, perfectionists, competitors and the seriously self-obsessed. It offers imaginative yet practical ways to deal with these dangerous and frustrating creatures and identify the slippery techniques they employ to get their way.” – Back cover.

**Working with monsters: how to identify and protect yourself from the workplace psychopath** by John Clarke. Milsons Point: Random House Australia, 2005. 658.3 CLA

“White-collar psychopaths exist in a variety of workplaces. They are individuals who manipulate their way through our life and leave an indelible mark on both their victims and society ... What motivates these individuals? How can you protect yourself from these ‘monsters’ who hide behind a veneer of respectability?” – Back cover.