

WorkCover conference to discuss the social cost of workplace bullying

The cost of workplace bullying reaches far beyond the immediate impact on a worker's productivity and feelings of self-worth. While falling victim to bullying is not a physical injury, the psychological effects can be devastating.

While the bullied worker feels the effects most immediately, its impact is far more widespread: individual's families, co-workers and employers can all be affected by it. So it is important for organisations to take steps to ensure bullying does not occur.

Trainer and mediator Sheila Freeman is in Adelaide next month to present an interactive and entertaining workshop that deals with managing bullies and those who are bullied in the workplace.

Sheila co-authored the book *Bullying in the workplace: an occupational hazard* to help people experiencing bullying at work to recognise it and tackle it early, as well as to raise awareness in the broader community.

With real-life examples, Sheila will discuss the various definitions and costs of workplace bullying. They also highlight some of the reasons that it is important for organisations have bullying policies in place.

They identify types of bullying and discuss the effects bullying has on victims.

Bullying has a significant financial and emotional cost on business and individuals and the duty of care lies with the employer. This session is for anyone wanting to ensure their workplace is free from bullying, and for those seeking techniques for managing bullying in the workplace.

Staying Connected, WorkCover's sixth annual conference will be held at the Convention Centre on 14 September. Keynote speakers are internationally renowned occupational health expert Professor Kim Burton and former Winter Olympics hopeful turned inspirational speaker Janine Shepherd. Guest speaker for the event will be well-known psychologist Amanda Gore.

Tickets to this full-day conference are only \$250 (with an early bird rate if booked before 20 August of \$200). Register now to reserve your place and gain practical tips and strategies on how staying connected can help injured workers recover better at work. For further details, go to www.workcover.com/conference or phone 13 18 55.

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Centre - (08) 8226 1990 and ask for an interpreter to call WorkCover on 13 18 55.

Braille, audio, or e-text: call 13 18 55 and ask for help in an alternative format.

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