



# **BULLIES, JERKS AND OTHER ANNOYANCES IN THE WORKPLACE; How to Deal with Difficult People**

**MICHELE WOODWARD**  
POWERFUL COACHING, POWERFUL RESULTS

# DEFINING TOXIC BEHAVIORS





WHAT'S THE IMPACT?



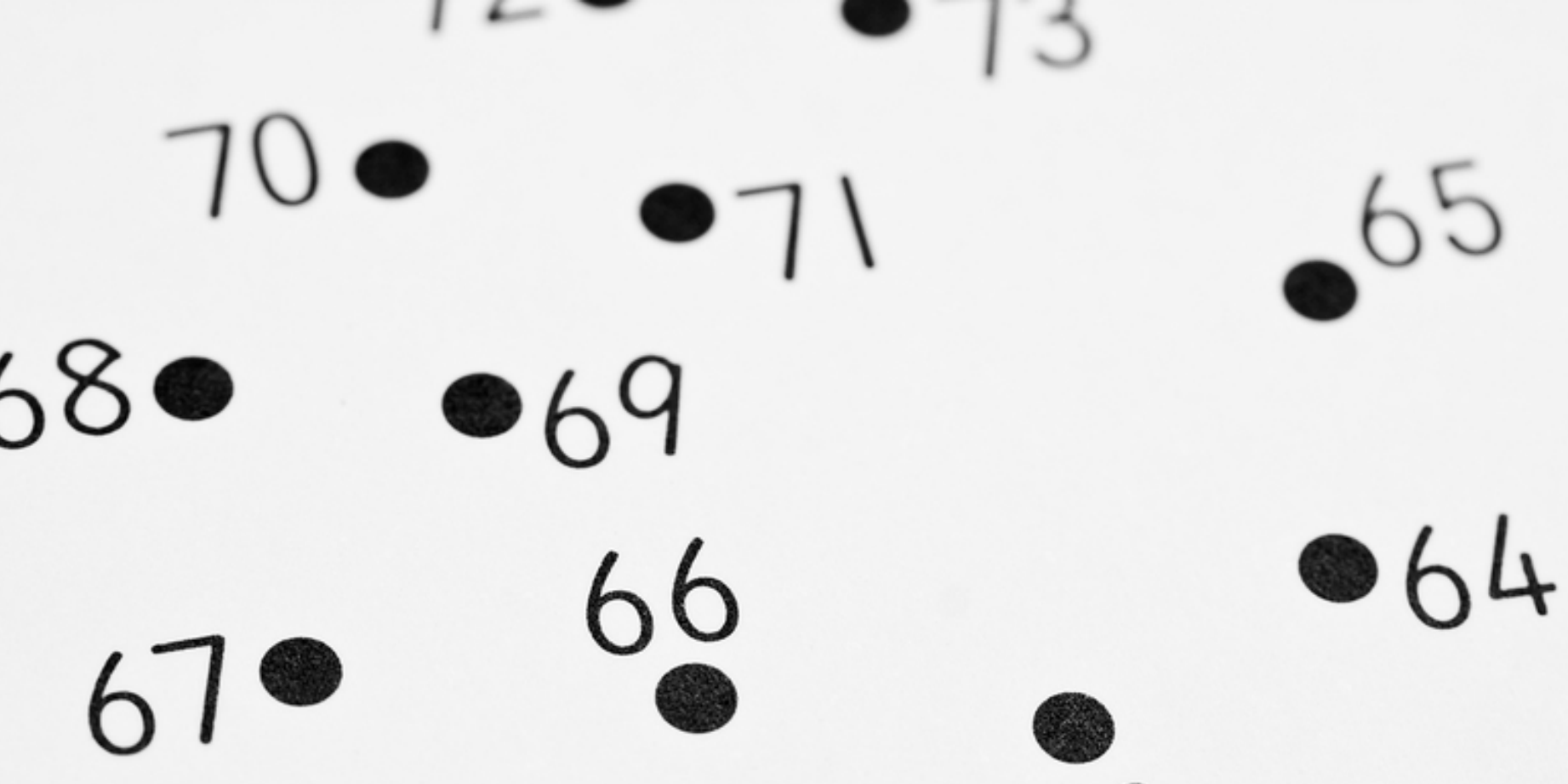
Unable to  
reach goals

A stage with a spotlight on a stool and a green circle containing the word 'Isolation'. The scene is set in a dark room with a red curtain background. A single wooden stool with a white seat is illuminated by a spotlight on a wooden floor. A large green circle is positioned in the upper right, containing the word 'Isolation' in white text.

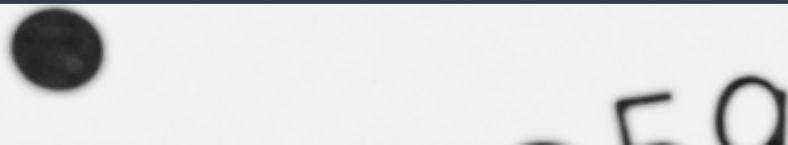
Isolation

Poor  
morale





How do you begin to figure it out?





Do you have what it takes?

Do you doubt yourself?

Is it supportive or limiting?

Do you have what you need?

Banter quality?

Undermining?



There are all kinds of people at work.



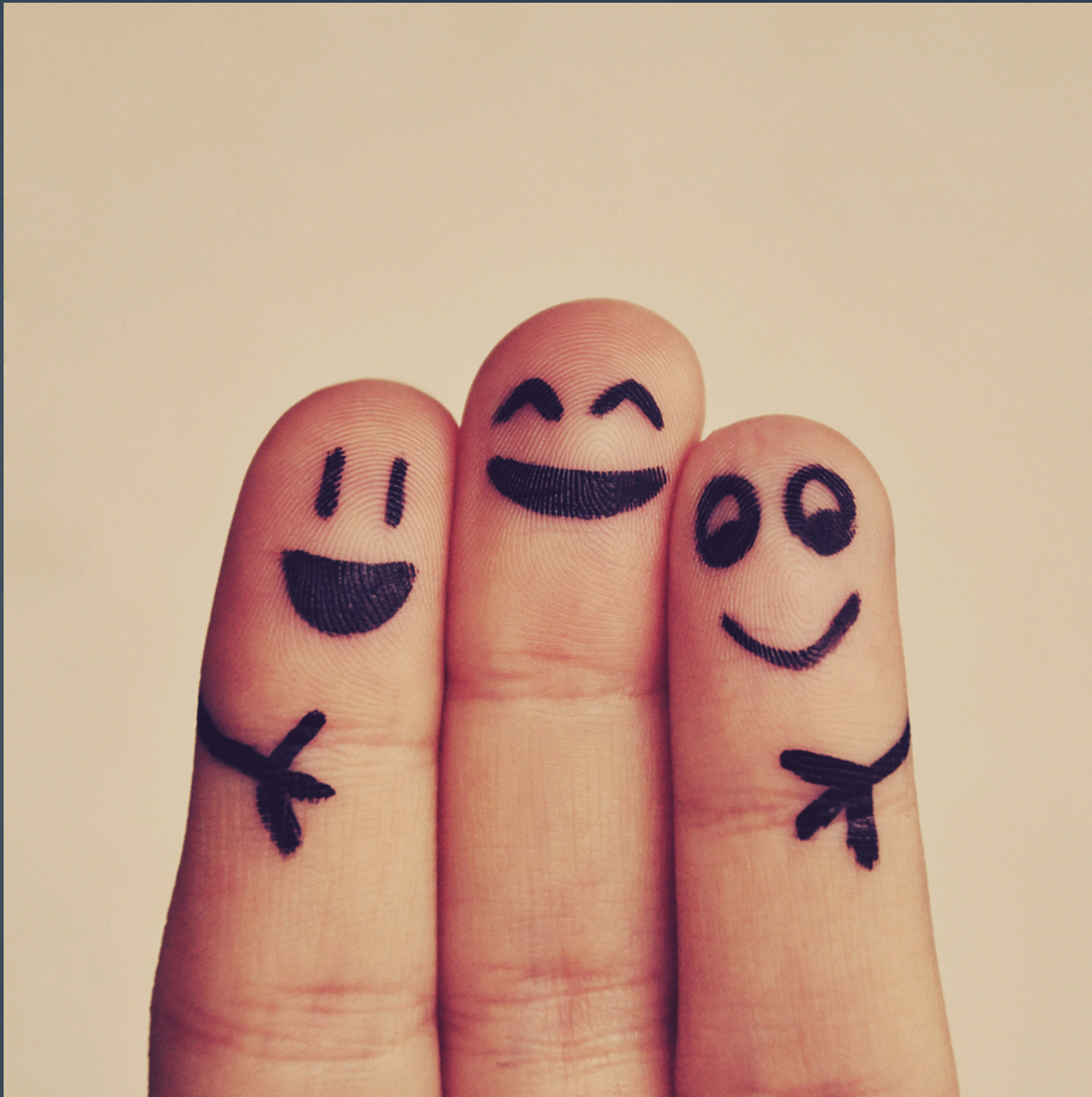


For some men, loud trash talk is normal.

Some  
women  
whisper  
and  
please.



Is it the culture?



# TALKING WITH THE AGGRESSOR



# The buffer






The protector

# Know yourself







Create  
strong ties  
through key  
alliances.

You have 100 units of energy a day





THE RISK OF NOT DOING ANYTHING

[www.michelewoodward.com](http://www.michelewoodward.com)



[/michele.woodward](https://www.facebook.com/michele.woodward)



[/michelewoodward](https://www.linkedin.com/company/michelewoodward)



# MICHELE WOODWARD

POWERFUL COACHING, POWERFUL RESULTS