

HOW WORKPLACE BULLYING WENT REMOTE

INFOGRAPHIC

source: York, J., How workplace bullying went remote

MORE WAYS TO BE BULLIED



OR FEEL BULLIED...

1 HOW IT WAS TRADITIONALLY

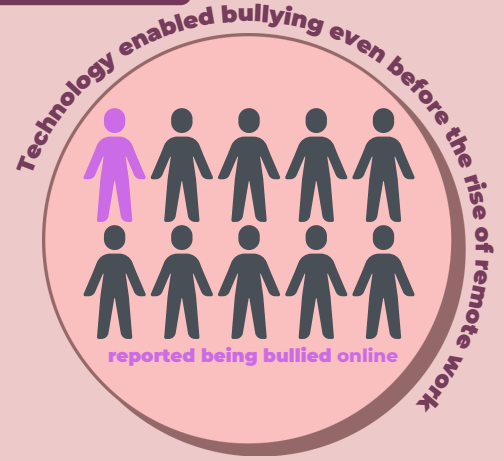
BOSSSES publicly berating and humiliating an employee
COLLEAGUES deliberately excluding another colleague

THE ADVANTAGE?

An employee is **ABLE TO LEAVE** the workplace in order to feel safe

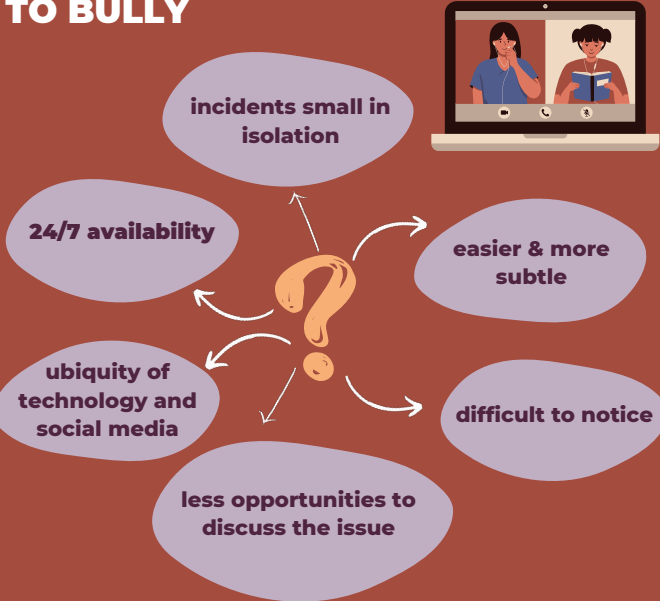


HOWEVER...



2 HOW IT IS IN A REMOTE WORK SPACE

THE ENVIRONMENT THAT EMPHASIZED THE OPPORTUNITY TO BULLY



HOW IT LOOKS LIKE

singling someone out in uncomfortable ways

cutting remarks during video calls

using messaging apps to gossip

putting someone on the spot in an online meeting without any prior warning

deliberately leaving colleagues out of remote meetings

lobby against an individual with others

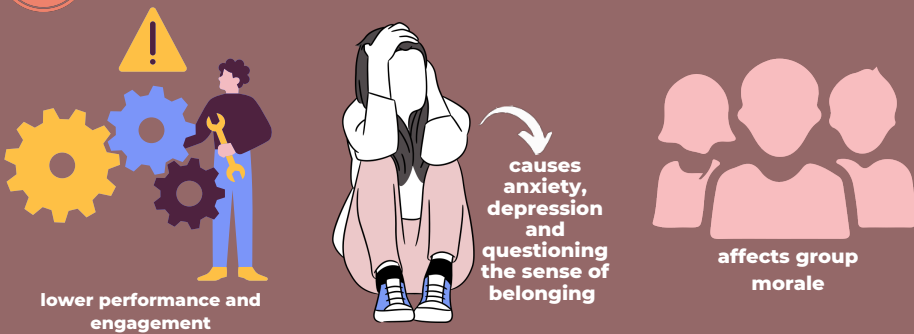
of remote workers reported they had been subject to workplace bullying via video calls and email

43%

25%

agreed that there was a rise in bullying during COVID-19

3 THE EFFECTS



people who witness bullying can suffer the same negative impact on their wellbeing as those who are bullied

4 THE SOLUTION



A GROUP ISSUE

Managers are responsible for 47% of reported bullying

THE ROLE OF LEADER IN MODELING GOOD BEHAVIOUR

structures in place to manage remote bullying

proactive approach

inclusive leadership