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Does negative influence come from the surroundings or originate internally?

Time Duration: 8 Hours

1. *Understanding Toxicity*

- *Recognizing the Signs of a Toxic Workplace*
- *Impact of Toxic Environments on Employee Well-being*

2. *Creating a Positive Work Culture*

- *Fostering Open Communication Channels*
- *Building Trust and Transparency*

3. *Conflict Resolution and Mediation*

- *Strategies for Addressing Workplace Conflicts*
- *Implementing Fair and Impartial Mediation*

4. *Effective Communication*

- *Active Listening and its Role in Conflict Mitigation*
- *Articulating Expectations and Feedback Constructively*

5. *Preventing Burnout and Stress*

- *Recognizing Signs of Burnout in Employees*
- *Promoting Work-Life Balance and Mental Health*

6. *Addressing Toxic Behaviours*

- *Strategies for Dealing with Bullying and Harassment*
- *Mitigating Negative Impact of Micromanagement*

7. *Empathy and Emotional Intelligence*

- *Developing Empathetic Leadership Skills*
- *Understanding and Managing Emotions in the Workplace*