

# Equanimity begins with you.

## Dealing With People You Can't Stand.

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Some people are delightful to work with whilst others are the type to make a mess and expect someone else to clean it up. These are the people whose behaviour can drive everyone around them to despair. The challenge is how to find a way of working with those people whilst at the same time maintaining your own equanimity and not descending to bad behaviour of your own.

### PEOPLE WITH EQUANIMITY CAN MANAGE THOSE WHO:

- yell and scream and want things their own way NOW!;
- always say “yes, yes, yes, I’ll do it” and then never deliver;
- endlessly and always complain about everything;
- suddenly explode out of the blue and over the top;
- constantly undermine but never say anything directly;
- know everything and use that knowledge to belittle everyone else’s thoughts and information;

*Surveys show conflict with supervisors or colleagues as one of the most common reasons for employees leaving a job.*

- continually say no to every new suggestion or idea and sap the morale and creativity of everyone around them.

Believe it or not you too can find a way of working with all these difficult people and more.

### THIS WORKSHOP EXPLORES:

- the ten most common types of difficult people;
- what motivates each type of difficult behaviour and how your response can inadvertently escalate that behaviour;
- how to respond effectively rather than react unproductively to difficult behaviours;
- practical strategies for bringing good behaviour out from even the most badly behaved.

Come along and learn how to deal with the stuff that dung beetles handle every day!

This practical and interactive workshop can be tailored to your needs. For more information please enquire today [info@rhianwilliams.com.au](mailto:info@rhianwilliams.com.au) or phone 02 6230 2955.