



PREFERRED TRAINING  
NETWORKS



# RESENTMENT AT WORK REMOVAL STRATEGIES

"You will not be punished for your anger; you will be punished by your anger." – Buddha

**R**emoving resentment in the workplace is a training course designed to help employees identify and manage feelings of anger and bitterness in the work environment. It will explore the causes of resentment, such as feeling unappreciated or unfairly treated. The course will explore practical solutions, like setting healthy boundaries, effective communication strategies, and understanding team dynamics. By the end of this course, participants will have a better understanding of how to cope with resentment in the workplace and how to remain professional in challenging situations. But the thrust of the course is to remove the resentment rather than tolerate it.

## Key Course Content:

- Understand the causes of resentment in the workplace
- Acknowledge the time is now to remove resentment
- Recognise early warning signs of resentment and strategies for preventing it
- Develop effective strategies for managing and resolving resentments
- Demonstrate 3 proven ways to eliminate resentment
- Learn to foster increased collaboration, trust and understanding amongst colleagues
- Understand the implications of resentment on team morale and productivity
- Learn to develop a culture of respect and appreciation that encourages healthy dialogue
- Explore methods for creating a safe working environment free of resentment



## Target Audience:

Managers and Staff



## Duration:

This course is available as a 1-day course or a truncated half-day course.



## Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



## Group Size:

We recommend a group size of 4-10 people.



## Get a Quick Quote:

Let us know if you would like an obligation free quote for your organisation.

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