

Stand up to bullies

With NLP

Imagine someone tries to gain power over you. If you react as though they have that power, they will. Here’s a story to keep in mind next time you face a bully.

Once upon a time, there a small village in the most beautiful village you can imagine. The streets looked exactly as they should in your dream village. The people had personalities you can really relate to. And at night, drifting off to sleep you could hear the most relaxing sounds possible.

So everyone in the village should have been happy. But they weren’t. Because just outside the village, in a cave just above the valley, lived a ferocious giant. He had bright red hair, a step that boomed like thunder and a taste for human flesh.

Once a year, the giant would descend on the village and demand “send me your bravest citizen, or I’ll eat you all” The people in the village would quake as some poor soul walked through the beautiful streets and went to meet the giant. As soon as the giant appeared, this brave soul would be paralysed with fear. The giant would descend and munch...crunch... the brave soul would be devoured.

One day a brave princess arrived in the village. She was stunned at the sights, sounds and smells in this enchanting place. She set her heart on staying in the village and building an emerald palace. One by one the people came to warn her. “Don’t build your palace here. This is a dangerous place.”

“Dangerous” the princess laughed, “What’s dangerous about such a beautiful village?” And so the villagers told her about the giant. “Ha” she replied “we’ll soon see about him.”

A week later, the giant emerged from his cave. “Send me your bravest citizen, or I’ll eat you all” he roared. The door of the emerald palace clanged open and the princess – dressed in designer armour – strode out. For a moment the giant and the princess glared at each other. Then the princess started walking forward.

As she did so, a wonderful thing happened. The closer she got to the giant, the smaller her became. By the time she stood arms length from him, he was only 30 cms tall. The princess plunged her sword into the giant’s heart. As he lie dying, she whispered “Who are you?”

“Your fear” he gasped with his last breath.

Learn more about it

To learn how to protect yourself from workplace bullies in *Dealing With Difficult People*. Discover how to manage tactics such as shouting, fault-finding, lying and sarcasm. Learn to maintain your personal power in tough situations. This is a great course for anyone who wants to be more assertive and resourceful at work.

Book NLP training for your team.

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