



Your Boss is Driving You Crazy – Learn to Deal With It

Working with a bully boss can be hugely stressful – until you learn how to deal with it. Very often you can work through the problem and come out hugely successful. The key to this problem is to stop feeling sorry for yourself and take action.

Unless you do something NOTHING will ever change - other than perhaps your health, which will definitely deteriorate owing to the stress that the workplace will be causing. Hence, take action and take it NOW.

- **When He is Mean and Obnoxious** - You get this type all the time. They will yell at you at every opportunity; they will berate you into the ground for the smallest mistake; they will be impatient about every job they give you; they will micro-manage every delegated task. In other words, he will make you feel sorry you got out of bed every day.

Resist the temptation to "win the battle," because although you might be able to, you will be most likely "lose the war." Complaining to the HR, trying to prove him wrong with facts, getting other employees to gang up against him will NOT work. It will only aggravate the situation. Instead, praise and appreciate your boss whenever you get an opportunity. Sometimes, just saying, "You look great today!" while meaning it 100% can work wonders.

Start with small steps. Everyone loves praise and appreciation. These types of people are usually unhappy about themselves more than they are with you. They direct the frustration they feel towards you. You cannot change how he feels about himself, but you can change his outlook about you. Be cheerful, smile often, offer genuine praise and appreciation, share good remarks you might have overheard about him, etc.

In this way, you start building positive energy and very soon the "ogre boss" will become a reasonable and as close to normal human being as possible.

- **When He Piles Jobs Onto You** - There are bosses who think that they own you. They will keep on adding to your 'to do' list until you will be working literally round the clock to keep up. Learn to say 'no.' It is very important that you learn to diplomatically say 'no.' Don't worry; it is easier than you would think.

When he is pushing another project on your overflowing plate, just ask him what he would like to have completed first - X project or Y project explaining that you are already working on X project. In



this way, you would inform him that your schedule is packed without really rubbing his nose in it and also are saying that at this moment you cannot work on anything else.