

Be the person YOU want to work with

POWER HARASSMENT

is characterized by a power disparity between the harasser and the harassed.

The harasser exercises their power by bullying a person who is lower on the hierarchy.

Examples of Power Harassment

It can be verbal in the form of intimidation, physical acts of violence or psychological.

The harasser subjects the person to:

- Excessive demands that are impossible to meet
- Demeaning demands far below the employee's capability
- Intrusion into the employee's personal life

from: <https://i-sight.com/resources/11-types-of-workplace-harassment-and-how-to-stop-them/>

