

## What Our Clients Say

*“Just finding a group like yours is a real boost.  
I've been looking for one for three years!”*

*“Thanks again for EVERYTHING you've done for  
me!!”*

*“You have done a wonderful job “*

*“I wish you all the success you deserve and  
thank you for bringing this abhorrent behaviour to  
the attention of others“*

*“Thanks again for listening and for your advice“*

*“There is no limit to your success...bullying  
seems to be a culture so the whole needs to be  
fought with the greatest effect & one of the best  
weapons that we have is JFO“*

*“I don't know who you are, but I am saying a  
prayer for you tonight because of your website.  
When I say I have been through a nightmare  
because of a workplace bully, it seems an  
understatement. Your website has brought me  
back down the earth, so to speak. Thank you, for  
explaining the horrible phenomenon, bullying, to  
me. Sleep will be so much easier now.“*

*“Thank you for all your input and support, it  
means a lot to me.“*

*“You provide some sanity and strong explanation  
if the "bullied" just know where to find you.“*

*“Every other person or organisation I've gone to  
hasn't understood; you do”*

*“You were the one who held out the helping hand  
to me when I needed it, I will not forget.“*

## Who We Are & What We Do

Just Fight On! is a not-for-profit organisation, providing employees with advice and support, focusing on prevention, intervention and recovery from the often devastating effects of workplace bullying. We run CAWBUK, the Centre Against Workplace Bullying UK, the UK's first centre to help people who are bullied or harassed at work - a one-stop shop to the help, support and advice.

We deal with bullying, harassment,  
discrimination, victimisation, unfair and  
constructive dismissal, breach of contract,  
whistleblowing and equal pay...  
**because bullying can involve far more  
than *just* 'bullying'**

### Contact Us

**Just Fight On!  
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Crossbow Centre  
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Slough  
SL1 4QZ**

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Just Fight On! is a company limited by guarantee,  
registered in England & Wales, no. 05619804



# Bullied at work?

Then

# Just Fight On!

@

## Centre Against Workplace Bullying UK



# [www.jfo.org.uk](http://www.jfo.org.uk)

## Services Available at our Centre

### Advice

Our experienced advisors can provide you with personalised advice on how to deal with bullying, help you to fully assess all available options and identify and work towards your desired outcome. Find out what evidence you need, when and where to get it and what additional corroboration and leverage might encourage your employer to resolve your case. Hindsight is a great thing but you can cheat with our advice. We have expert knowledge and can provide answers to questions you wouldn't even know to ask! Advice sessions must be booked and can be provided by telephone, in person or via email.

### Support

Our support group holds regular meetings in central London and at our Centre in Slough. We also provide support online via the internet – importantly, our group is the only 'closed' online group in the world: this means everyone is vetted before joining. It's not for everyone but there's no employers, defence lawyers or other 'undesirables' monitoring your posts like in some internet forums!

### Training

We have a range of trainers with different areas of specialisation and offer courses in understanding and dealing with bullying, plus we tackle some of the health, financial and legal implications arising from the experience. Our courses focus on prevention, intervention and recovery from bullying. We also provide training for advisors, support workers, counsellors and psychotherapists in our aim to increase the level of effective support available to victims of workplace bullying. Call us for details of our latest training courses.

### Counselling

Bullying can be devastating and hard to deal with and move on from the experience. It can be even harder to find a counsellor who understands bullying

and know to help, which is why we insist our counsellors are experienced specifically in helping people who are or have been bullied. Counselling may be helpful in a number of ways: it can help you develop a better understanding of your issues, so that you can deal with them better. Counsellors can offer different perspectives and help you think of creative solutions to problems. Counselling can help you to develop new skills to manage personal and educational issues. Sharing your thoughts and feelings with someone not personally involved in your life can bring enormous relief.

### Coaching

Coaching is a personal, inner growth process that can improve your performance in both your personal and professional life and make real and lasting change. Our coaches are trained to listen, observe and personalise their approach to the needs of the individual. Let us help you reach your full potential!

### Hypnotherapy

Hypnotherapy is a state of inner absorption, concentration and focussed attention and under the guidance of a professional hypnotherapist you can enter this relaxed state and obtain benefits that you could only have imagined previously. The aim is a short period of therapy, between three and ten sessions depending on the problem; we can help with sleeping problems, stress, panic attacks and low confidence.

### Research Library

Our specialised research library has hundreds of resources including books, articles, academic papers, published research and surveys, reports, newsletters, DVD's and magazines. The scope of subject matter includes workplace, school and relationship bullying.

### Drop-In Sessions

We hold regular drop-in sessions at our Centre where you can just turn up to get advice or just chat about what you're going through.

## Online Services

### Website

Our website [www.jfo.org.uk](http://www.jfo.org.uk) has information on all aspects of bullying at work including health, legal, getting support and campaigning. Approximately 50,000 pages are read each month and we regularly add more pages.

### Support and Interactive Discussion

jfo.i is a forum based interactive area of our website where you can share your experiences, get advice and mutual support from others going through the same thing, find some humour, an uplifting quote or just chat about the latest film releases or what you're up to this weekend.

### News service

Bully News Now is a world-wide news service for bullying and related issues. If you want to know what's going on in the world of bullying, the latest cases, health news and more, then you need Bully News Now!

### Media Liaison

JFO is the first contact for most media organisations for workplace bullying stories and our clients come from TV, radio, newspaper, and professional and lifestyle magazines.

### Research Liaison

JFO offer an outlet for researchers seeking participants for their study of workplace bullying and related topics. We also provide an informal forum for researchers studying workplace bullying and related topics.

### Newsletter

Sign up to our regular newsletter to keep up to date with what JFO's doing and what's going on around the world.