* Interrupting/talking over someone
* Yelling at colleagues
* Racism
* Sexism
* Ignoring individual’s ideas or input
* Sarcastic comments
* Peer pressure to drink alcohol
* Threatening behaviour
* Unwanted feedback
* Passive-aggressive behaviour
* Asking people to finish a point
* Constructive debate
* Asking/inviting a colleague to an after-work event
* Asking for a cuppa
* Positive & constructive feedback
* Debriefing a difficult situation
* Asking if someone wants feedback
* Asking for help