



Peer pressure continues well after your schooling years, into adulthood. At work you can feel like you are being forced to act in accordance with the group, in order to fit in or feel valued. It can show up as you socializing/ drinking, taking on extra work, or covering up for someone else's work to maintain a good working relationship.

Mindtemple Institute's course will shed light on peer pressure in the workplace, its impact on mental health and how to manage peer pressure.





Content

Introduction

- Who are your peers at work?
- Does peer pressure really exist at the workplace?

Types of peer pressure

- Positive/ Negative
- Direct/ indirect

Impact of Peer pressure on mental health

Coping with Peer Pressure

- Assertiveness & ego states
- Challenge cognitive distortions
- Set Boundaries
- Create a safe space
- Use pressure positively