



**Once a Nurse, Always a Nurse**  
**Monday at 10 AM Pacific**  
**October 19th 2020: OutGROW the Bully**

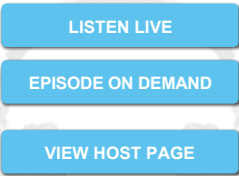
This is a topic deeply personal and simultaneously National (not to mention International). Communication is something we all do from prenatal to our last breaths on this earth. Conflict is a given. If we are alive, we absolutely will face conflict. As near as I can tell, there have ALWAYS been bullies. Why is it that we simply don't seem to get better at communicating with these people in bullying situations? That is SUCH a good question, I decided to ask an expert on the subject: Judith Carmody, Published Author of Co-Bully No More, Unwrap the Gift of You and co-author of additional books on

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**Tune in**

Monday at 10 AM Pacific Time  
on VoiceAmerica Health and  
Wellness Channel



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**Featured Guests**



**Judith Carmody**

Judith is a facilitator of learning, Author & Specialist in bullying prevention. She develops/ delivers Life Skills programs based on her books "Co-Bully No More" and "Unwrap the Gift of YOU". She encourages an Ethos of Conscious Leadership & Personal Safety. Judith's greatest reward is supporting those who have experienced or are experiencing bullying behavior. Judith encourages the co-bully(s) or target(s) to take that first step and start their journey of self-love and self-protection. Her mission is to reach those who are entangled in aggressive, manipulative and demeaning environments. She gives them the power of choice and the knowledge that they don't have to tolerate anybody else's

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**Co-Bully No More**

Today we hear a lot about the BULLY. But who are those people that suffer, tolerate or are affected by another person's aggressive, manipulative or demeaning behavior. I would like to introduce the term CO-BULLY or Target is the person who is affected by another person's unwarranted behavior and give a voice, support and awareness to them. This book will help the co-bully or target as it clearly sets out and explains their role which will create awareness to develop skills of self-care and self-empowerment. YOU don't have to accept any inappropriate relationship or behavior towards you as the norm. "It is a rare author that writes on the violence of silence and how those who are passive need

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**Unwrap the Gift of YOU**

Unwrap the Gift of YOU! examines the complexities of bullying behavior and its devastating effect on the individual. It offers insights into how to Reclaim, Recover and Reinstate – Self – following experiences of abusive behavior. This book highlights the human side of emotional abuse and the suffering attached. The reader will understand the importance of personal development, emotional, relationship, spiritual and social intelligence. You can change your conditioned belief system, if it isn't serving you well. If you don't know how to self-protect in aggressive or manipulative relationships, you can develop skills to self-care and ASSERT YOUR RIGHT TO SAFETY. You can choose to live a life

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