



**21<sup>st</sup> CENTURY WOMEN'S  
ENTREPRENEURSHIP, LEADERSHIP,  
POSITIVE PSYCHOLOGY & MENTAL  
HEALTH SUMMIT**  
(EDITION 7)

**NOVEMBER 08-09, 2024** | Hotel Medium Valencia, Spain

**T**his presentation examines how manipulation and sabotage impact workplace dynamics, offering practical strategies to identify and counteract toxic behaviors. Key tactics used by manipulators—such as gas lighting, withholding information, and exploiting power imbalances—are highlighted, alongside actionable advice for building strong alliances, asserting boundaries, and maintaining professionalism. Attendees will learn how to navigate office politics effectively, fostering resilience and advancing their careers in challenging environments. The goal is to empower individuals to not only survive office politics but to outsmart and overcome those who manipulate for personal gain.

## **SURVIVING OFFICE POLITICS: OUTSMARTING MANIPULATORS AND SABOTEURS**

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