



Media Contact:

Havilah Ross

Havilah.ross@bullseyecomm.com

469-919-9890

TONE Networks Take a Stand Against Bullying with the Pledge #NOTME and Offers Free Programming for All Live Events in October, National Bullying Prevention Month

Tune in to TONE Networks to learn how to manage bullying at work and in relationships

NEW YORK, NY (October 3, 2018) –TONE Networks, an [online resource](#) and community for women, is continuing in their commitment to women helping women by shining a light on the rampant culture of bullying during National Bullying Prevention Month in October. With bullying examples emerging everyday in personal and work situations, TONE Networks is taking a stand against bullying by inviting women to make personalized pledges not to bully and to stand up against bullying via their Twitter account with the hashtag #NOTME.

TONE Networks believes so strongly in helping women deal with the infectious culture of bullying that they will be offering TONE Live free to viewers via Facebook Live and their website www.tonenetworks.com. TONE Talks can also be viewed free when viewers sign up for a 30 day free membership with TONE Networks.

TONE Networks October programming is packed with useful and accessible content:

- ***TONE Live:*** Tone Networks monthly event tackles bullying on October 24 at 1 p.m. E.T. (restream at 9 p.m. E.T.) and will be accessible online at TONE and will also stream on Facebook Live. Join Dr. Ramani Durvasula, psychologist, professor and relationship coach along with Val Grubb, principal at Val Grubb & Associates, workplace coach and HR guru for *Mean Girls & Bad Bosses: Managing bullying at work and in relationships*. Amy Holmes, co-host of PBS's "In Principle" will moderate the discussion. The conversation will focus on parents bullying on behalf of their children, gossip as a form of bullying in personal and work environments, being bullied within intimate relationships, signs to look for in children, and tips with practical steps on how to stop bullying.
- ***TONE Talks:*** An interactive live event each Tuesday at 9 p.m. E.T. hosted by Val Grubb, TONE's Workplace Coach and HR Guru:
 - o October 2: "What to do When There is Bullying at the Office" The conversation will focus on best strategies to address inappropriate aggression in the workplace.
 - o October 9: "Networking In & Out of the Office" How being well-connected can bullet-proof your career.
 - o October 16: "Top Signs You Are Being Intimidated On the Job" How childhood bullying is being played out in the office and what to do about it.
 - o October 23: "We've Got Your Back" How to build the team that boosts your confidence, power and performance.
 - o October 30: "Get Your Swagger ON" Top ways to build your leadership profile at work and in life.



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According to a recent survey from the Workplace Bullying Institute, 60.4 percent of American were affected by workplace bullying. ([2017 Workplace Bullying Institute US Survey](#)). According to the same study, 70 percent of bullies are men (with 61 percent being bosses) and 60 percent of those bullied are women. Symptoms of how bullying can affect the victim include anxiety, depression, sleep difficulties, changes in appetite, fear, social withdrawal, self-doubt, and in severe cases, hopelessness and suicidal thoughts.

TONE Networks invites women (and men) to join them this month in learning more about bullying, its effects, how to stop bullying and making the pledge to be one of the #NOTME voices standing against bullying.

TONE continues to dedicate time and resources to building a substantial library for their members which now contains more than 500 three to five-minute videos on topics ranging from professional development, career enhancement and work solutions, to nutrition, health, mind/body balance and finances.

For more information about TONE Networks visit their website at www.tonenetworks.com

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About TONE Networks: a subscription-based [online resource](#) for women, delivering real advice from credentialed experts through short videos, and helping busy women grow personally and professionally. As a one-stop resource for self-care the content is customized and can be consumed in minutes. With more than 500 videos from experts, there is guaranteed content for women from any walk of life.

About TONE Live: a monthly one-hour live streaming event, where experts share practical steps to help women manage specific areas of their lives. Past TONE Live events have covered topics such as: *Creating a Better You*, *Power through Procrastination*, *Workplace Playbook for Women*. Each month a different expert covers a timely topic. Members can write in questions to the expert for personal and valuable advice during the event.