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Focus on the Solution, Not Your Bad Boss's Ridiculous Behavior

Los Angeles, Calif.—Many of us have experienced the ridiculous behavior of a finger pointing boss—someone who is looking to blame others for his or her own mistakes. The key to getting past the boss' unprofessional conduct is to focus on a solution to the problem at hand instead of the boss' rantings, says [Dr. Noelle Nelson](#), author of [*Got a Bad Boss? Work that Boss to Get What You Want at Work*](#) (Amazon eBook, \$7.99).

"It's natural to get frustrated, depressed or just plain angry with yet another foolish outburst from your bad boss," says Nelson. "It's tempting to dwell on the bad conduct. After all, it is demeaning, disgusting, disrespectful--take your pick. However, wallowing in the misery of it prevents you from pushing through to the success you long for."

Nelson says that harboring animosity toward your bad boss holds you back. "The boss blames you and you blame the boss. Blame stops the problem-solving process," she says. "When your bad boss makes an outrageous accusation, find the solution that will solve the problem. The more you prove yourself a good problem solver, the more successful you'll become. Your finger pointer boss will look good and you'll look good too. This will further your career much more than spending time whining about your predicament and being stuck in the same-old unhappy place you've been in for too long."

Nelson says a willingness to look for solutions to problems when others have given up produces confidence to not let the bad boss' blame blasts damage self-esteem. "Companies don't need more problems, they need more problem-solvers," she says. "The employee known for fixing things is the one who will get noticed."

For tips on working with specific bad boss types, go to <http://www.noellenelson.com>, on Facebook at www.facebook.com/GotABadBoss or at <https://twitter.com/GotABadBoss>.

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