



Coping with the Horroffice: How to tame your working day

Heena Pattni

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• Do you have an impossible boss? • Do you constantly have too much to do? • Do you struggle to figure what makes your colleagues tick? If any of these situations ring a bell with you, then you've probably stumbled into the Horroffice. Coping with the Horroffice is written by a Horroffice survivor extraordinaire – she has seen the good, the bad and the downright crazy. From working for small start-ups to thirteen years at a global accounting firm, from contracting at big corporates to working for herself, Heena Pattni knows what it's like to cope with disruptive colleagues, difficult career decisions and the daily grind. Do you want tried and tested, easy to implement tools to help you deal with things like: • other people – and their agendas • self-doubt and lack of confidence • excessive workloads and burnout • and much, much more... If so, this is the book for you. It'll help you cope with work situations that are making you tear your hair out. It'll help you navigate your working day more efficiently. It'll help you reclaim your sanity, serenity and sense of humour. In Coping with the Horroffice, Heena Pattni passes on the tips, tricks and tactics that have helped her to cope with the many offices she has worked in. From setting goals and creating a supportive life balance to building self-confidence and learning techniques such as mindfulness and gratitude, you will discover some simple strategies for making sure you not only cope with office life but thrive within it. In fact, this book might be the one thing stopping you from going crazy, quitting your job or dreaming of murdering your boss. So take the chance to change things forever – pull up a chair and join Heena Pattni at the first ever Coping with the Horroffice meeting today.

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