



Media Kit: Sample Interview Questions

Based on Linda Swindling's Book
*Stop Complainers and Energy Drainers:
How to Negotiate Work Drama to Get More Done*

Why do you call it “negotiating work drama” instead of “dealing with difficult people?”

Why is it important to know what type of Complainer someone is?

Why do people cause work drama?

How many Complainer types are there? (5) How do you know which one *you* might be?

What are the specific phrases people use that reveal the type of Complainer they are?

What's the worst thing you can do when working with a Whiner?

What's the best way to negotiate with a Control Freak? (Complicator)

Which Complainer type creates the most work drama?

How do you handle a bully boss/co-worker?

What type is the hardest to negotiate with and why? (Toxic)

What day of the week do people complain the most?

Is it true that people would pass up a \$10,000 raise so they don't have to work with a Complainer? Why?

What are the top Complainer culprits for people? What are they complaining about?

What are the top on-the-job Energy Drains?

What percent of people have quit a job to get away from working with a Complainer?

How many hours do Complainers cost employer during the work week?

How much lost productivity time is caused by dealing with Complainers?

Why should we listen to Complainers? When is it good for *you* to be a Complainer?

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