



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
(Wiley, 2013)

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

What are the 5 Complainer types and how do you know which one you might be?

What are specific phrases people use that clue you in on 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?

Which Complainer type creates the most work drama?

How do you handle a toxic boss?

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?

Who 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? Why?

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

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

When is it good to be a Complainer?

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

Why do people cause work drama?