



GET WHERE YOU WANT TO GO!

Anger Management: Understanding Anger

Course Outline

This one-day workshop will help teach participants how to:

- Recognize how anger affects your body, your mind, and your behaviour
- Use the five-step method to break old patterns and replace them with a model for assertive anger
- Control their emotions when faced with other peoples' anger
- Identify ways to help other people safely manage some of their repressed or expressed anger.

Content

- What is anger?
- Managing your anger
- The anger process
- How does anger affect thinking?
- Managing anger
- Communicating better
- Behaviour types
- Taking control

Total cost \$80

Next Course Dates

This course can be run at your convenience please contact us on the details below and we will arrange the mode of delivery to suit your organisation

Contact Details

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