



Anger Management

Many of us are alarmed at how anger is controlling our lives. This workshop is all about acquiring, in a step-by-step format, the skills you need to better manage anger--your own anger, or the outbursts of your employees, or the anger a client might unleash.

How You will Benefit:

- Be better able to recognize how anger affects our bodies, our minds, and our behavior.
- Be better able to use the six-step method to break old patterns and replace them with a model for assertive anger.
- Be better able to control your own emotions when faced with other peoples' anger.
- Be better able to identify ways to help other people safely manage some of their repressed or expressed anger.

What You Will Cover:

- ▶ How anger affects our bodies and our minds
- ▶ Manage anger
- ▶ Express feelings appropriately
- ▶ Prevent a build-up of frustration
- ▶ Deal with issues
- ▶ Staying calm
- ▶ Identifying anger pay-offs
- ▶ Communication skills

What's Included?

- Instruction by an expert facilitator
- Small interactive classes
- Specialized manual and course materials
- Personalized certificate of completion

TIME: 9am – 4pm. FEES: \$2,000.00 onsite up to 12 people. \$300.00 per person offsite, plus applicable taxes. **Prices and dates are subject to change.*