

ANGER MANAGEMENT

Introduction:

Anger management can help reduce the intensity of a conflict by giving individuals an understanding of themselves and of others and why they react in the way they do. This programme is suitable for individuals who have difficulty coping with stressful situations and find it difficult to communicate effectively and managerial staff who are responsible for resolving conflicts.

Objective:

Delegates will learn what causes anger reaction and will learn techniques to deal with their own anger reactions and diffuse others.

Programme Synopsis:

- Recognising patterns of thoughts and behaviours
- Relaxation and visualisation techniques
- Introducing new ways to think and react
- The advantages of timing, avoidance and finding alternatives
- The anger ladder
- Emotional triggers and responses
- Recognising different anger reactions
- How anger can affect our health
- Anger management techniques

Duration: One Day

Course code: TSCANGER

Certification: Training Solutions 2000