

## Anger Management



**Why are you so angry? Don't let anger affect your decision making, performance or interpersonal relationships.**

### Who is it for?

Those who have difficulty controlling their anger or find it hard to express their emotions effectively.

### Overview

Sometimes there's no getting away from the people, situations or things that annoy, irritate or simply frustrate you. The only thing you can do is learn to manage your responses and stay in control at times of stress. This one day workshop looks at the causes of your anger and uncovers the most effective way for you to control the emotional hijack whilst keeping your cool. It will outline the do's and don'ts of personal behaviour and explore the individuals approach to different situations and people. The participant will by the end of the workshop will understand how their behaviour affects others and how they are perceived by their colleagues.

### Workshop Objectives

- Understand anger and define emotional trigger points - from mild irritation to intense fury
- Recognise perceived personal style
- Implement an effective problem solving and self control routine
- Practise an assertive communication style
- Control anger through a five step coping skills technique
- Cope with escalating states of anger by recognising and acting upon symptoms
- Identify strategies to manage personal anger and/or aggression

### One-to-one Coaching

Additional one-to-one coaching is available prior to the workshop to establish personal requirements and key objectives from the workshop. Subsequent one-to-one coaching sessions upon completion of the workshop provide support in applying the techniques and customising the approach to manage personal situations/issues.

### Investment

Total investment for this one day workshop is £140 per person. Alternatively, this workshop can be delivered internally to your organisation for a total investment of £1154. Based on a group size of ten persons, this reflects an investment of £115 per person. This cost includes all relevant materials but excludes any costs associated with the venue.

Additional one to one coaching sessions are £94 per hour.