



## Anger Management

The course is excellent for regaining a sense of control in your life and creating a powerful sense of good health and wellbeing. Yes, we know that people and situations from time to time can drive us to anger, often there's no getting away from it. The only thing we can do is learn to manage and control our emotions so they don't control us! On this course we will explore simple yet effective techniques to help you respond with calm and stay in control at times of stress. This course will teach practical relaxation techniques to keep you calm. You will look at the causes of your anger and uncover the most effective way for you to keep your cool.

### Course Overview

- What is anger and how does it feel?
- The difference between anger and assertive behaviour
- Taking a look at your internal dialogue and exploring positive self statements
- Explore positive psychology for effective problem solving routines
- Restructuring interventions helping create new ways to think and respond
- Let's get physical: The mind body connection, relaxation, breathing and exercise
- Reflection and Resilience: Learn emotional triggers and responses
- Simple cognitive behavioural therapy techniques to support the rough patches
- Intervention strategies for anger by recognising and acting on symptoms

### What will I take away from it?

- A greater sense of understanding around anger for more positive outcomes
- Great strategies to create calm in the face of pressure or stress
- The opportunity to connect with yourself and identify the root causes of anger
- Supportive approaches in conflict resolutions and improved relationships at work and home
- Excellent relaxation skills to promote good health and physical/mental wellbeing
- Assertiveness skills

**Cost:** £899.00 6-12 delegates

**Duration:** 1 day

Smartfoundations 2008 – Anger Management – 1day course