



Anger Management

Overview

This is a stand alone two day workshop giving participants the basic tools of anger management. In this model participants work together in a safe, supportive environment and the emphasis is on the experiential aspect of being part of a group. This workshop will help participants to develop a greater understanding of their anger and to learn and practise effective anger control techniques.

This course can also be delivered to individuals over one and a half days, with a break of around six weeks between two sessions

Target Group

This course is particularly relevant to those who urgently want help to deal with their inner turmoil and the resulting behaviours that have such a devastating effect on their lives and the lives of those around them.

Objectives

By the end of the course delegates will;

- ✗ Understand the essential causes and processes of anger
- ✗ Have an increased awareness of their personal anger
- ✗ Have acquired new perspectives around effective communication and its importance in managing anger
- ✗ Have practised (through role play, discussion, group work and feedback) Effective anger management strategies

Course Content

Below is an overview of the topics that are covered. (Please note that if this course is delivered on an in-house basis, the content can be tailored to meet your specific requirements and address any issues you may have.

- ✗ Defining Anger
- ✗ How to recognise your anger type
- ✗ Ego States - The 'Personal past' and the 'Here and now'
- ✗ Sources and triggers of anger
- ✗ Listening to your body
- ✗ Communication and Perspective
- ✗ The seven rules of Anger Management
- ✗ Anger Management Strategies
- ✗ The Reflective Process
- ✗ Introspection versus Empathy
- ✗ Establishing a support network and learning to use it effectively

Outcomes

Each delegate will receive individual detailed feedback from both colleagues and facilitator.