

ONE-TO-ONE ANGER MANAGEMENT TRAINING

The information below is for full day program. A half day program would involve differentially selecting components from below.



Module 1

The Human Emotion of Anger

- *The Power of Emotions*
- *The Heart, the Mind, The Soul*
- *The Benefits of Anger*
- *The Downside of Anger*

Module 2

The Cycle of Anger

- *Identifying Hot Buttons*
- *Understanding Fight & Flight Response*
- *How Anger Escalates*
- *How to Diffuse Anger*

Module 3

Personality Types

- *Assertive Behaviour*
- *Passive-Aggressive Behaviour*
- *Aggressive Behaviour*
- *Bullying*

Module 4

Gaining Control

- *The Power of Perspective*
- *Relaxation Training*
- *Mindfulness Training*
- *Self-Talk*

Module 5

Communication Skills

- *Building Consensus*
- *Asking Questions*
- *Listening*
- *The Power of an Apology*

Workshop Wrap-Up