

ANGER MANAGEMENT

Keeping your cool in an angry world.

A key to meeting these challenges is to enable you to control your emotional outburst when it triggered.



This highly interactive course through the use of exercises, will relate and enhance your ability to manage your anger.

Participants will:

- **Understand anger**
- **Manifestation of anger**
- **The cost of anger**
- **Manage anger**



How do you view anger?
How do you express anger?

Different manifestation of anger

A-B-C Theory of emotional arousal

Anger distortions

Cost of anger
Is anger good or bad?

Dealing with your anger

Tips for correcting anger distortions