

Certificate of Attendance in Anger Management

Course Information Sheet

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems—problems at work, in your personal relationships, and in the overall quality of your life. It can make you feel as though you're at the mercy of an unpredictable and powerful emotion. This course is meant to help you understand and control anger.

Programme Benefits:

On completion of the workshop, learners will be able to:

- Identify how anger affects our bodies, our minds, and our behaviour.
- Illustrate the six-step method to break old patterns and replace them with a model for assertive anger.
- Be better able to control your own emotions when faced with other peoples' anger.
- Describe and identify ways to help other people safely manage some of their repressed or expressed anger.

How we do it

The processes are customized and include a combination of classroom and practical activities.

About the Programme

- Duration: 1 day
- (group onsite rates available on request)
- Training in house or on campus

Certification

Upon successful completion of the programme, learners will receive a **Certificate of Attendance in Anger Management Skills**

Start Dates

As per schedule or client request.