PROFESSIONAL DEVELOPMENT TRAINING

Anger Management Workshop

3158 3955

REQUEST QUOTE

1.0 DAY COURSE

Attending this Anger Management training course is one of the best ways to help you to first become aware of the causes of your anger, second to understand what triggers this unhealthy emotion and which behavior patterns lead to anger, and lastly to identify ways to avoid or reduce those patterns.

By attending this life changing course, you will be provided with effective techniques for controlling and overcoming your anger, learn how to avoid situations that create stress and frustration, learn how to better cope with stressful situations and demystify this intense emotion and much more.

We welcome you to an Anger Management training course delivered in Singapore.

This Anger Management Workshop training course can be delivered at your premises anywhere in Singapore by one of our expert local or international trainers.

Contact us today for a group quote.

What You'll Gain:

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured. – Mark Twain, American author

Everyone experiences anger from time to time. It is a healthy emotion, normally experienced by anyone. However, it can quickly become unhealthy and detrimental if not understood and controlled. Uncontrolled anger harms your reputation, destroys your relationships with colleagues or clients, limits your opportunities and even damages your health.

Anger can be an incredibly damaging force, costing people their jobs, personal relationships, and even their lives when it gets out of hand. However, since everyone experiences anger, it is important to have a good understanding of constructive approaches to manage it effectively.

This Anger Management Training program will help teach participants how to identify their anger triggers and what to do when they get angry.

Outcomes

In this course participants will:

- Gain a better understanding of anger and the natural anger cycle
- Gain insight into the "fight or flight" response that triggers anger
- Understand the realities of anger
- Learn about helpful and unhelpful ways of dealing with anger
- Techniques for Dealing with angry people
- Master strategies for gaining control of anger in all situations
- Discover some productive ways of "blowing off steam"
- Learn how to improve home and work life by managing your anger better

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Modules

Lesson 1: Understanding Anger

- The Cycle of Anger
- Understanding Fight or Flight
- Common Myths About Anger

Lesson 2: Do's and Don'ts

- Unhelpful Ways of Dealing with Anger
- Helpful Ways of Dealing with Anger

Lesson 3: Gaining Control

- A Word of Warning
- Using Coping Thoughts
- Using Relaxation Techniques
- Blowing Off Some Steam

Lesson 4: Separate the People from the Problem

- Objective vs. Subjective Language
- Identifying the Problem
- Using "I" Statements

Lesson 5: Working on the Problem

- Using Constructive Disagreement
- Negotiating Tips
- Building Consensus
- Identifying Solutions

Lesson 6: Solving the Problem

- Choosing a Solution
- Making a Plan
- Getting it Done

Lesson 7: Personal Plan

- Understanding Hot Buttons
- Identifying Your Hot Buttons
- A Personal Anger Log

Lesson 8: The Triple A Approach

- Alter
- Avoid
- Accept

Lesson 9: Dealing with Angry People

- Understanding the Energy Curve
- De-Escalation Techniques
- When to Back Away and What to do Next

Lesson 10: Pulling it All Together

- Process Overview
- Putting it Into Action

Talk to our expert team

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