

ANGER MANAGEMENT TRAINING WORKSHOP

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Anger
Management



COURSE LENGTH: 1.0 DAYS

Anger is a normal, healthy emotion but can quickly become unhealthy and detrimental if not understood and controlled. It's a matter of learning how to focus and redirect this energy in a positive manner or learn how to avoid it all together.

The PD Training Anger Management Training Course teaches you how to manage anger so that it does not control you, but instead helps to you achieve positive outcomes. The training course includes skill development in resolving problems, being objective, handling angry people, negotiating, controlling situations and more, so that anger can be managed and used productively.

Some participants attend this course as required by courts and their counselors, so check with your local magistrate for approval if this is your intention.

We look forward to welcoming you to an Anger Management training course and workshop in Auckland, Christchurch and Wellington.

Contact us today for a [group quote](#).

ANGER MANAGEMENT TRAINING WORKSHOP COURSE OUTLINE

FOREWORD

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 constructive approaches to manage it effectively.

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

Learn valuable skills like how to avoid situations that trigger anger, dealing with uncontrollable situations, handling other people's anger, coping and relaxation techniques and much more.

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
- ▶ 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 anger better

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

WEB LINKS

- ▶ [View this course online](#)
- ▶ [In-house Training Instant Quote](#)