PROFESSIONAL DEVELOPMENT TRAINING

Anger Management Workshop

REQUEST QUOTE

1.0 DAY COURSE

Allowing yourself to be controlled by your anger can have disastrous results in the way you behave or react to situations or other people. The Anger Management workshop by PD Training teaches you how to manage anger so that it does not control you but helps you control it.

This workshop teaches: the process of finding a deeper understanding of the realities of anger, learning the helpful and unhelpful ways to deal with anger, how to "blow off steam" , controlling stressful situations in a positive manner, the benefits of managing anger to improve your personal and professional life and much more.

This comprehensive and valuable training course is now available across the U.S., including Atlanta, Austin, Baltimore, Boston, Charlotte, Chicago, Dallas, Houston, Los Angeles, Manhattan, Miami, Orlando, Philadelphia, San Antonio and Seattle.

What You'll Gain:

Benjamin Franklin once said, "*In this world nothing can be said to be certain, except death and taxes.*" We would add a third item to his list: anger. 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 will help teach participants how to identify their anger triggers and what to do when they get angry.

Outcomes

By the end of this training course, participants will:

- Gain a better understanding of anger & the natural anger cycle
- Gain insight into the "fight or flight" response that triggers anger
- Understand the realities of anger
- Learn helpful & unhelpful ways of dealing with anger
- Master strategies for gaining control of anger in all situations

- Learn some productive ways of "blowing off steam"
- Learn how to improve home life & work life by managing 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: Solving the Problem
- Choosing a solution
- Making a plan
- Getting it done

Lesson 3: Do's and Don'ts
- Unhelpful ways of dealing with anger
- Helpful ways of dealing with anger

Lesson 4: Personal Plan
- Understanding hot buttons
- Identifying your hot buttons
- A personal anger log

Lesson 5: Gaining Control
- A word of warning
- Using coping thoughts
- Using relaxation techniques
- Blowing off some steam

Lesson 6: The Triple A Approach
- Alter
- Avoid
- Accept

Lesson 7: Separate the People from the Problem
- Objective vs. subjective language
- Identifying the problem
- Using "I" statements

Lesson 8: Dealing with Angry People
- Understanding the energy curve
- De-Escalation techniques
- When to back away and what to do next

Lesson 9: Working on the Problem
- Using constructive disagreement
- Negotiating tips
- Building consensus
- Identifying solutions

Lesson 10: Pulling it All Together
- Process overview
- Putting it into action

Talk to our expert team

Phone:

Email: