



ANGER MANAGEMENT

ONE DAY TRAINING COURSE

COURSE OVERVIEW

Anger can be utilized as a strong constructive emotion only if under controlled. Learn the basic steps to discover your anger state and factors influencing you to be angry so that you can control it at first place.

Managing this important emotion will surely help you to grow professionally and lead a wonderful life at home and office.

COURSE OVERVIEW

Anger is a completely normal, usually healthy human emotion. But when it gets out of control, it not only unsettles professional and personal life of an individual but also destabilizes the overall quality of life. It can also make you feel as though you are at the mercy of an unpredictable and powerful emotion.

Controlling or managing it may help you to lead a wonderful life at work and home.

ONE DAY | 0900 - 1700 HRS

USD 1,400.0 / SESSION

15 PARTICIPANTS

COURSE CONTENT

Understand:
Anger - the universal emotion
Recognize:
When is anger a problem
Impact:
Is anger poisoning your life
Management:
Managing your anger today
Self Discovery
Confessing your anger

COURSE CONTENT

Becoming a type-B
Using anger constructively
Handling anger from the past
Life style changes
Managing anger in key relationships
Anger freeing thoughts
Winning the relationship or arguments.
How to bring more peace into your life.