



FOCUS Session

Anger Management

This focus session will provide an in-depth exploration of techniques in controlling anger and overall personal development.

MPS

training

exceeding expectations

Anger is a normal human emotion, managed properly it can be useful; however, when not managed it can lead to problems in relationships, careers and general life satisfaction. This seminar helps you understand this powerful emotion and how to control it and use it constructively.

Topics include:

- Understanding anger and what it does to your body and thinking
- Identifying anger warning signs and triggers
- Getting anger under control – ways to cool down
- Dealing with angry people
- Anger myths and the upside of anger
- Seeking help.

'Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way... that is not easy.'

– Aristotle.

VENUE:

MPS Training Centre
Unit 9/141 Flemington Road Mitchell,
ACT

Check our website for course dates

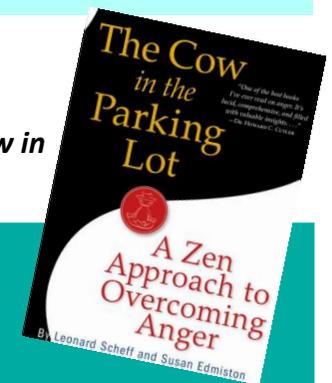
LEARNING OUTCOMES

MPS Training Focus Sessions are designed for optimal discussion and interaction. Our trainers use current effective facilitation techniques to ensure all learning styles and thinking preferences are addressed to ensure every unique learner achieves the key learning outcomes:

- Define and describe the emotion of 'anger'
- Explain the cause of anger
- Explain the cost of anger
- Identify the warning signs and triggers of anger in yourself and others
- Use three different techniques for controlling anger in yourself
- Describe the six step approach of dealing with an angry person
- Identify and describe the myths around anger
- Describe how the anger emotion can be used constructively
- Identify avenues for seeking help for yourself and others in dealing with anger.

\$132 per person (GST inclusive)

Includes training materials **plus a complimentary book**: *The Cow in the Parking Lot* by Leonard Scheff and Susan Edmiston



Book now!

Contact our friendly MPS Training staff today, but be quick as seats are limited!

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