



Learning in a Nutshell

1 HOUR POWER LEARNING SEMINARS

Anger Management

Designed to expand and improve upon techniques in controlling anger and overall personal development.

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.

VENUE:

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

Check our website for course dates

'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.**

MPS

training

exceeding expectations

Book now!

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

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\$55 per person, OR... bring a friend and pay only **\$44 each!!!!**