

Anger Management

Course Overview:

You don't have to struggle with anger for the rest of your life, and you certainly don't have to reinvent the wheel. Psychologists know considerably more about anger than they did even a generation ago. The current scientific understanding of what anger is, what causes it, and the associated risks has reached a highly developed level. At the same time, a tremendous amount of work has been done to figure out what works and what doesn't from the perspective of managing and preventing problematic anger. Bringing you this information in a coherent, easy-to-use manner is the central purpose of this course.

Course Outline:

1. Anger Is Important
2. Anger Gone Awry
3. Anger Dangers
4. How Anger Problems Develop
5. Deciding to Work on Your Anger
6. Basic Awareness
7. The 3R Method: Relax, Reassess, and Respond
8. Communication and Assertiveness
9. Why People Remain Trapped in Anger
10. Working Through Intractable Anger: Five Steps
11. Compassion and Forgiveness
12. Going Deeper: The Role of Thinking
13. Changing Distorted Thinking: The ABCD Model
14. Putting Anger to Good Use
15. The Power of Acceptance
16. Mindfulness and Meditation
17. Holistic Health
18. Making Change Happen
19. Top Ten Myths about Anger

Course Learning Objectives:

1. Understand Anger and its causes
2. Control Anger and its consequences
3. Self-awareness and self-reflection
4. Application of the 3R Anger Method
5. Managing Anger through effective communication
6. Manage your thoughts and emotions
7. Working effectively on ABCD Model
8. Getting out of the trap and control Anger
9. Acceptance and mindfulness
10. Looking for a healthy life
11. Working on the change of your behavior and attitude

Who Should attend: HR People – Management

Course Duration: 2 days from 9:00AM to 4:00PM

Registration Deadline: one week before the course date

Course Venue

Top Business premises: 17, Abdel Wahab Selim Elbeshry St. Sheraton Heliopolis, Cairo, Egypt.

For Registration

- Logon to www.topbusiness-hr.com/Course_Register to fill a registration form. Alternatively you can request a registration form by mail from: training@topbusiness-hr.com.
- Course fees include material, light lunch, coffee break and certificate.
- Payment by cheque in Top Business's name, cash to our address or by bank transfer.
- Payment is due within 3 working days from course confirmation. Your registration is confirmed only after course payment
- Payment is nonrefundable, however participant can be substituted or can attend next confirmed round of the same course or another course.

For More Information

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