PROFESSIONAL DEVELOPMENT TRAINING

Anger Management Workshop

5808 8521

REQUEST QUOTE

1.0 DAY COURSE

"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." - Mark Twain, American author

Everyone experiences anger from time to time. It is a healthy emotion, normally experienced by anyone. However, it can quickly become unhealthy and detrimental if not understood and controlled. Uncontrolled anger harms your reputation, destroys your relationships with colleagues or clients, limits your opportunities and even damages your health.

This Anger Management training course is one of the best ways to help you become aware of the causes of your anger, what triggers that unhealthy anger and the behavior patterns which lead to anger. By attending this course you will be provided effective techniques for controlling and overcoming your anger, how to avoid situations that create frustration and demystify this intense emotion.

We welcome you to an Anger Management training course delivered in Hong Kong.

This Anger Management Workshop training course can be delivered at your premises by one of our expert local or international trainers or live online using HIVE technology.

Click on the In-house tab below to generate an instant quote.

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 by PD Training will help teach participants how to identify their anger triggers and what to do when they get angry.

Outcomes

In this course participants will:

- Gain a better understanding of anger and the natural anger cycle
- Gain insight into the "fight or flight" response that triggers anger
- Understand the realities of anger
- Learn about helpful and unhelpful ways of dealing with anger
- Master strategies for gaining control of anger in all situations
- Discover some productive ways of "blowing off steam"
- Learn how to improve home and work life by managing anger better

Modules

Lesson 1: Understanding Anger

- The cycle of anger
- Understanding fight or flight
- Common myths about anger

Lesson 2: Do's and Don'ts

- Unhelpful ways of dealing with anger
- Helpful ways of dealing with anger

Lesson 3: Gaining Control

- A word of warning
- Using coping thoughts
- Using relaxation techniques
- Blowing off some steam

Lesson 4: Separate the People from the Problem

- Objective vs. subjective language
- Identifying the problem
- Using "I" statements

Lesson 5: Working on the Problem

- Using constructive disagreement
- Negotiating tips
- Building consensus
- Identifying solutions

Lesson 6: Solving the Problem

- Choosing a solution
- Making a plan
- Getting it done

Lesson 7: Personal Plan

- Understanding hot buttons
- Identifying your hot buttons
- A personal anger log

Lesson 8: The Triple A Approach

- Alter
- Avoid
- Accept

Lesson 9: Dealing with Angry People

- Understanding the energy curve
- De-Escalation techniques
- When to back away and what to do next

Lesson 10: Pulling it All Together

- Process overview
- Putting it into action

Talk to our expert team

Phone: 5808 8521

Email: enquiries@pdtraining.com.hk