



Mindstyle™
Develop.People.Faster

An Ounce of prevention is worth a pound of cure!

ANGER PREVENTION

**Duration: 1*3hr, or 4*3hr – awareness sessions
12*3hrs, or 3*8hrs - behavioural development sessions**

“One that is slow to anger is better than the mighty and one that ruleth his spirit better than he that taketh a city.” The Bible - Proverbs 16:32

“You will not be punished for your anger; you will be punished by your anger.” – Bhudda

“One who holds back rising anger like a rolling chariot, that one I call a real driver; other people are but holding the reins.” – Dhammapada

Very few of us have not known anger, in one or more of its various forms, somewhere from brief annoyance to fully blown, life threatening, rage.

Anger is a natural, usually healthy, human emotion. It is when an individual or group loses perspective and control that it becomes negative or destructive and can lead to serious issues. Causing problems in performance, relationships and in the overall quality of life.

This course will help delegates to understand anger and its causes, with a view to prevention in the first instance and reducing the impact and duration of any incidence of anger through management and control strategies.

Celebrating Diversity

•

Motivational Keynotes

•

Project Management
Education

•

Personal & Business
Development

•

Professional Speaking
Development

•

MindManager meeting
facilitation

•

Mindstyle Accelerated
Education & Development

Course Overview and Content

This programme is designed with a slightly altered focus to traditional anger management programs. The modules develop the idea of anger prevention as an ongoing life style practice rather than a response to particular situations. Delivered in the fun and accessible Mindstyle workshop format the course includes elements of; role play, lecture, group and solo exercises as well as the use of music and video clips where time permits. Anger Prevention deliveries will include modules from the following list:

What is Anger?

Understanding the nature of anger and it's internal and external triggers

Being Angry

How do we know who is angry and when, including ourselves. The signs before, during and after... The pros and cons of anger...

Anger Management

Methods and techniques to express, suppress and calm. Assertiveness and handling aggression

Anger Prevention

Preparation, anticipation and self-control, learning the top 3 anger prevention strategies. Using relaxation proactively

Personal Guide

A personal checklist to preventing anger in self and others

Professional Routes

Why not to wait till all else fails before seeking professional help

No 1
St Jude's Road
Tettenhall
Wolverhampton
West Midlands
UK
WV6 7AU

Telephone:
+44 (0) 845 331 2751

info@mindstyle.co.uk
www.mindstyle.co.uk

Comp. Reg. No: 4740272

[Contact us](#) for dates or information on our other products, like the half-day Mindstyle Living in Possibility session or to talk to us about courses tailored to your particular requirements:

info@mindstyle.co.uk