

ANGER MANAGEMENT WORKSHOP

This course is designed to explore and understand why people can get as angry as they do, as well as discovering the fundamental tools to safely manage and transform their anger once and for all. It will help develop an accurate profile of a person's anger and stress levels, giving them valuable insight into what triggers reactions and therefore managing it better.

COURSE CONTENT:

- When does anger become a problem
- How anger affects the mind and body
- Identify triggers and behaviour patterns
- How to express anger properly looking at healthy outlets

DATE:

Wednesday 22 May 2019
2pm - 4pm

Conference Room,
Thornden School, Winchester Road,
Chandler's Ford,
Eastleigh SO53 2DW

Free on-site parking

Cost: £49 (or £30 if self funded)



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