

2 DAYS EMPLOYEE ENHANCEMENT SKILLS: “WHEN ANGER HURTS: QUIETING THE STORM WITHIN” - ANGER MANAGEMENT

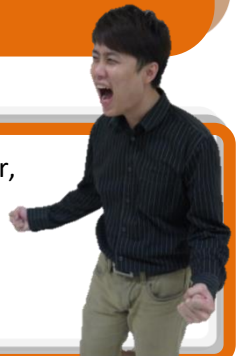
INTRODUCTION

Do you often feel like “exploding” or.... “choking inside”? Angry at others or...at yourselves?

If your answer is YES to the above, this session is for you.....Anger is a universal, natural and understandable emotion. Often anger is described as unpleasant and uncomfortable feeling resulting from injury, mistreatment or opposition and usually showing itself in a desire to fight back at the supposed cause of the feeling. Is it bad to be angry? Anger if expressed clearly, appropriately and in safe environment, it is healthy. However, many of us struggle with this strong emotion and not expressing it appropriately creates negative impact to our interpersonal relationship and quality of life at home and at work. Anger Management, one of the many aspects of enhancing self resiliency that can help individuals to learn strategies to put balance into their life – both personal life and professional survival at workplace. It is also the key to regain greater self-confidence, better overall health, well-being and happiness.

BENEFITS FROM THE COURSE

1. Understanding of what is anger, different responses to anger, various types of anger, purposes of anger.
2. Taking responsibility for our anger - thoughts, feelings and behaviors.
3. Learning anger management techniques to transform anger to forgiveness and other positive emotions.



CONTENT OUTLINE

1. What is anger, different responses to anger, various types of anger, purposes of anger.
2. Anger management techniques – dealing with Self and Others.
3. Cultivating positive emotions.

WHO SHOULD ATTEND

Anyone who want to improve their interpersonal skills.
Maximum 25 participants per workshop.

**HRDF Claimable
Under SBL Scheme**

For further information, kindly contact us at 016-227 1375 / 03-8063 8981.