



Anger Management Training Course Outline

Foreword:

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.

Introduction

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

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Learning Outcomes

- Understand anger
- Do's and Dont's
- Gain control
- Separate people from the problem
- Work on the problem
- Solve the problem
- Create a personal plan
- Use the Triple A approach
- Deal with angry people
- Pull it together

Course length

- 1-day

Anger Management Training Course - Lesson 1 **Understanding Anger**

- The Cycle of Anger
- Understanding Fight or Flight
- Common Myths about Anger

Anger Management Training Course - Lesson 2 **Do's and Dont's**

- Unhelpful Ways of Dealing with Anger
- Helpful Ways of Dealing with Anger

Anger Management Training Course - Lesson 3 **Gaining Control**

- A Word of Warning
- Using Coping Thoughts
- Using Relaxation Techniques
- Blowing off some Steam

Anger Management Training Course - Lesson 4 **Separate the People from the Problem**

- Objective vs. Subjective Language
- Identifying the Problem
- Using "I" Messages

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0488 098 778

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<p>Anger Management Training Course - Lesson 5 Working on the Problem</p> <ul style="list-style-type: none">• Using Constructive Disagreement• Negotiating Tips• Building Consensus• Identifying Solutions	<p>Anger Management Training Course - Lesson 6 Solving the Problem</p> <ul style="list-style-type: none">• Choosing a Solution• Making a Plan• Getting it Done
<p>Anger Management Training Course - Lesson 7 Personal Plan</p> <ul style="list-style-type: none">• Understanding Hot Buttons• Identifying your Hot Buttons• A Personal Anger Log	<p>Anger Management Training Course - Lesson 8 The Triple A Approach</p> <ul style="list-style-type: none">• Alter• Avoid• Accept
<p>Anger Management Training Course - Lesson 9 Dealing with Angry People</p> <ul style="list-style-type: none">• Understanding the Energy Curve• De-Escalation Techniques• When to Back Away and What to do Next	<p>Anger Management Training Course - Lesson 10 Pulling it All Together</p> <ul style="list-style-type: none">• Process Overview• Putting it into Action

Anger Management Workshop is one of the Professional Development Training Courses delivered by **contract trainers** in Brisbane, Sydney, Canberra, Melbourne, Adelaide and Perth.

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