

Anger Management, Awareness workshop

This is a basic anger management awareness workshop delivered over a 2-hour session. It is designed to address the impact of anger on self and others.

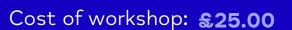
You will develop a greater understanding of own anger and gain skills in tools and techniques which can help reduce anger.

To find out more contact:

e: training@mind-blmk.org.uk t: 0300 330 0648 (option 6)

BOOK HERE

Aternatively,



Topics covered

- What is anger?
- Vicious cycle of anger
- The effects and impact emotional, physical, and behavioural
- Anger styles what's yours?
- Triggers of anger
- Challenging negative thinking habits
- Tools and techniques that can reduce anger

(On completion you will receive a certificate of attendance)



www.mind-blmk.org.uk Charity No. 1068724