



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)

Alternatively,

[BOOK HERE](#)



Cost of workshop: **£25.00**

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)

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www.mind-blmk.org.uk

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