

Anger Solutions!

Managing Anger in the Workplace

Proven Strategies for Effectively Resolving Anger in the World of Work

Course Outline

“Just the Facts”

- How anger develops
- Signs of anger in the workplace
- Physical and emotional symptoms of anger/negativity at work
- The facts about anger and work

Taking Responsibility

- Reacting vs. Responding
- Responsibility for our emotions
- Responsibility for our behaviors
- The truth about maintaining “Control”

Strategies for Managing Anger

- Techniques for diffusing anger-inducing situations before they escalate
- 10 ways to effectively resolve anger
- Methods for working through situations that have already escalated
- Three invisible tension reduction techniques you can use anywhere, anytime



Volume discount available for copies of, ***Anger Solutions! Proven Strategies for Effectively Resolving Anger and Taking Control of Your Emotions***, by Julie Christiansen

Call BODA reLEAF consulting @ (905) 682-1543

OR

Email us to arrange your workshop: bodareleaf@yahoo.ca

For a full listing of our programs, visit www.angersolution.com