

THE NUTS & BOLTS OF YOUR ORGANISATION

We offer bespoke programmes to private and public organisations, which can be held at our premises or at any designated venue.

We can:

- Conduct an internal audit to assess levels of distress in the workplace
- Help in dealing with corporate stress and conflict resolution
- Deliver workshops to enhance your well-being and emotional intelligence

You can:

- Select from various modules designed and proven to meet your needs
- Have Mind Your Anger train your staff in anger management skills

Webinars:

Webinars have come of age and today the technology supports audio and video and Mind Your Anger is now offering teachers an opportunity to engage in a free webinar without having to leave their school or home - saving time, energy and money and still getting an incredible experience. If you are interested in this service please contact us on: +44 (0) 345 1300 286 or email admin@mindyouranger.com and we can send you further information.



Beating Anger

'His wealth of experience is evident throughout this book. Packed with practical exercises, easy to read checklists and real-life case studies, this book stresses that left

unattended, anger can lead to ill health.' - Big Issue

Mike Fisher, Published by Rider Books 2005



Mindfulness & the Art of Managing Anger

This book explores the powerful emotion of toxic anger - what it is, why we experience it and how we can learn to control its destructive power through the very nature of mindfulness. This book reveals how we can all clear the red mist for peaceful wellbeing.

Mike Fisher, Published by Ivy Press 2012

Some of the organisations we have worked with:

- Social Services
- Court Services
- Probation Services
- London Underground
- Youth Criminal Justice
- HMP Prison Service
- South Central Train Services
- Ford
- BAA
- NHS
- Police Services
- State Schools
- Connexions
- EMAP
- BT
- Coca-Cola
- Birkbeck College
- British Airways
- Ealing Council
- Southwark Council
- Berkshire Council
- Farney Close School (EBD)
- Secret Key (Athens Greece)