

UNDERSTANDING ANGER IN THE WORKPLACE

Through our expertise and experience we know that anger breeds in the workplace. It breeds through stressful environments, others behaviours and organisational cultures that desire honesty but avoid confrontation.

Beating Anger offers you a transformational programme that allows your employees to experience and understand anger in a safe way.

Benefits of this workshop:

- Reduced stress / Reduced absence
- Reduced incidents of bullying and harassment
- Stronger health and safety support and improved employee health and wellbeing.
- Improved employee morale.
- All the above contribute to an improved bottom line profit.

They will learn:

- Stress – how this relates to anger and how to deal with it.
- The parts of them they bring to work.
- Recognise what Triggers You and Others
- The Impact of Emotional Regression
- How to Stay Grounded and Calm
- Developing Coping Strategies Immediately
- Anger Styles and Substitutes
- Not taking Anything Personally
- Developing and Maintaining Healthy Boundaries

At Mind Your Anger we know that 80% of anger is the issues we bring. We help individuals understand those, deal with them and then work through the last 20% in a healthy and empowering way. To have a confidential consultation about suitability of your environment for this workshop call: +44 (0) 345 1300 286or email admin@mindyouranger.com.

“Anger is the Elephant in the meeting Room. It is an issue that is all too easily avoided but its impact is felt by all.”

- Mike Fisher, Author of Beating Anger.