



# UNDERSTANDING ANGER

FOR TEACHERS, MENTORS AND PARENTS

In today's stressful and busy world of uncompromising work schedules and relentless frustrations, more and more people are finding it difficult to cope. So, for parents and teachers it's even more of a task!

## Wouldn't it be great to be able to:

- Rediscover the joy of relating to and educating young people
- Enjoy stress free time at home and in the classroom
- Make your personal and professional life less of a battle
- Support and encourage children to grow up less angry

Mind You Anger has found that more and more carers and educators of children are seeking to learn how to deal with the anger and conflict they observe in children and young adults. Mind Your Anger knows that anger is here to stay and it does not go away until we actually deal with it constructively and creatively.

We also know that anger is an excellent indicator that tells us that something is not quite right in our relationships. By avoiding dealing with these issues, we create more and more disharmony in our families and professional environments.

## This workshop is for Teachers, Mentors and Parents who want to:

- Learn how to deal with the anger they observe in children and young people
- Understand more about anger and avoid some of the pitfalls in caring and educating others
- Want to develop skills to face challenging issues and manage them creatively
- Create a safer place for yourself and the children in your charge

**Facing challenging issues will increase your self-esteem and benefit the cohesion in your classroom and family.**

***“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.**