



# A PROGRAMME FOR YOUNG PEOPLE

## Taming The Volcano

Most teenagers experience anger from time to time. It's a natural feeling, like the rest of our feelings. Something that everyone experiences. It's also part of our nature to express what we feel in the some way. Often with children and teenagers, their feeling of anger can become uncontrollable and then they can find themselves in challenging situations, most certainly within an educational or correctional environment.

As a result, anger management coaching has become a priority in many schools across the UK, helping students to manage and control their angry outbursts and pervent exclusion or legal intervention.

This 16 hour rogramme (45 to 60 minutes per week) is extremely effective with 11 to 17 year olds when they recog-nise they have issues with their anger and they are open to finding solutions to communicating their feelings constructively.

**This programme is effective as a one to one coaching session and also in group work setting.**

### What the young person will learn:

- The six rules of anger management
- Clear definitions of anger
- Where anger effects them most – school, family, friends, with the law etc.
- How does anger affect you and why
- The anger pie
- How we use our anger and what we do with it
- The three kinds of anger
- Anger styles
- Anger triggers
- The three communication styles
- The clearing process
- Anger substitutes
- The angry brain
- Going with the FLOW

***and so much more!***



The Studio  
14 Railway Approach  
East Grinstead, RH19 1BP, UK

t: +44 (0) 345 1300 286  
e: [admin@mindyouranger.com](mailto:admin@mindyouranger.com)  
w: [www.mindyouranger.com](http://www.mindyouranger.com)

# UNDERSTANDING ANGER

FOR TEACHERS, MENTORS AND PARENTS

## Young people who complete this course will be able to:

- Identify and recognise multiple choices for decisions they make
- Consider both positive and negative consequences of these choices
- Stop and think before acting – apply the six rules of anger management
- Communicate their needs and feelings in a healthy and constructive way
- Understand the difference between passive, aggressive and assertive
- Recognise and understand the positive and negative attributes of anger
- Communicate needs, wants and feelings more assertively
- Recognise the physiological signs of anger, as well as personal triggers
- Utilise cooling off techniques to de-escalate their anger
- Identify how to use the different parts of the brain to manage anger
- Identify creative alternatives to arguing and fighting

## Teenagers who want to learn to:

- make better decisions on a day-to-day basis
- stop and think before they act
- effectively communicate with those in authority
- use power in healthy and productive ways
- better manage emotions and control anger
- avoid confrontations
- problem solve
- effectively communicate feelings and needs

In order to make it financially viable to deliver a programme in your setting, we would need to work with at least 5 young people consecutively on a one to one basis or 6-8 young people in a group setting. This will give you the best value for money.

## Price on application

We can also train your staff to deliver this programme. The training would take place over three days or six half days - to be arranged.

To discuss what we can do for you please call us on +44 (0) 345 1300 286 or email us on [admin@mindyouranger.com](mailto:admin@mindyouranger.com).