

## **Anger Management: How to Blow Your Anger Away?**

Having stress and not knowing how to control your anger?

Do you want to help others who have difficulties in controlling their anger?

Do you want to help yourselves to overcome your emotional blast?

### **Introduction**

The emotion of anger is neither good nor bad. It's perfectly healthy and normal to feel angry when you've been mistreated or wronged. The feeling isn't the problem—it's what you do with it that makes a difference. Anger becomes a problem when it harms you or others. This course is specially designed for anyone who would like to understand and undergo anger management. Anger isn't always a toxic and sick human emotion. Anger is a perfectly normal human emotion, and it is a normal reaction to events that are unpleasant to us. Anger has indirectly affected our health. Everyone understands the cost, and the program derives from the anger, but not many people know the secret of how to fight with them. A lot of books describe pathology and also the theory of anger management, but not many books teach how to cope and handle it. Hence, this module helps you to suppress our anger. At the same time, this program contains very practical skills for you to manage your anger and at the same time, equipped you with sufficient skills to help others who may need anger management. Don't wait! Start to train yourselves to be certified stress management specialists.

### **Program Objectives**

This program aims to:

- Understand why people use anger as their way of interacting with the world.
- Place a good deal with angry behaviour.
- Exposing techniques to control anger effectively.
- Train you to be the anger management specialist so that you will be able to help more people.

## **Learning Outcomes**

After completing this program, participants should be able to

- Control anger emotion within ourselves
- Help and conduct management with anger disorders to control their emotion
- Improve relationship with people next to you
- Enhance your emotions so that you become more stable
- Help other people who may need anger management

## **Who should attend?**

Non-managerial, first-line management, middle management, senior management and anyone who wants to acquire knowledge on anger management

## **Methodology**

Case studies, forum discussion, role-play, presentations, gamification

## Program Outline

Time	Day One
<b>9.00am– 10.30am</b>	<p><b>Fundamentals of Anger</b></p> <p>This fundamental module enables participants to understand the origin of anger emotion, what triggers the emotional bomb, and how it provokes anger. In this module also, the participant would be exposed to the awareness of how to break the cycle as the anger control.</p>
<b>10.30am-11.00am</b>	<p><b>Break and Networking</b></p>
<b>11.00am-1.00pm</b>	<p><b>The Danger of Anger</b></p> <p>In this module, participants would start to be aware of the impact of anger on the people around us, the productivity in our workplace. The participants would start to understand how anger derived and start reaching the inner heart of human beings to understand the anger and emotion. In this module, the participant would learn how to manage anger to use anger to improve your life.</p>
<b>1.00pm-2.00pm</b>	<p><b>Lunch Break and Networking</b></p>
<b>2.00pm-3.30pm</b>	<p><b>The Way How you Feel: Cause and Impact</b></p> <p>In this module, participants would start to be more compassionate towards anger. The participants would start to appreciate the cause and the impact of uncontrolled anger. The participants would learn the short term and the long term implication not only to an individual but for the whole as the organisation.</p>
<b>3.30pm-4.00pm</b>	<p><b>Break and Networking</b></p>
<b>4.00pm-5.00pm</b>	<p><b>Reaching the Inner Heart: Anger and Emotion</b></p> <p>In this module, participants would learn the emotions of anger. The expression of anger and also the emotional cycle of anger. By understanding the complete anger cycle, the participants would</p>

	learn how to control and how to control anger.
<b>Time</b>	<b>Day Two</b>
<b>9.00am– 10.30am</b>	<p><b>Stop It Now!</b></p> <p>In this module, participants would learn how to use anger to improve life. The participants would start to craft their angry emotional diary. By creating self-awareness, the participants would apply behavioural techniques to stop anger from escalating.</p>
<b>10.30am-11.00am</b>	<b>Break and Networking</b>
<b>11.00am-1.00pm</b>	<p><b>You Might Have Something to Say</b></p> <p>Human emotion affects others. In this module, the participants would start to appreciate the influence of their anger on others. At the same time, the participants would start to learn relaxation methods such as breathing and thought stopping in anger management.</p>
<b>1.00pm-2.00pm</b>	<b>Lunch Break and Networking</b>
<b>2.00pm-3.30pm</b>	<p><b>The Brain That Talks</b></p> <p>In this module, participants would continue to learn techniques such as visualisation and cognitive behavioural methods in anger control. Both methods help participants to minimise cognitive load as an anger management strategy.</p>
<b>3.30pm-4.00pm</b>	<b>Break and Networking</b>
<b>4.00pm-5.00pm</b>	<p><b>Sustainable Anger Management</b></p> <p>In this module, participants would learn how to create a healthy habitual action in anger management. The participants would learn how to apply meditation as the strategy in anger management.</p>

