



Course information for

Anger Management and Control

Manage and control anger in yourself and others

Anger Management and Control

What you'll learn

- ✓ What is Anger?
- ✓ Angry Volcanos
- ✓ Bottling up Your Anger
- ✓ Controlling Your Anger
- ✓ Anger and Communication
- ✓ Dealing with Angry People
- ✓ Using Anger for Positive Outcomes
- ✓ Assertiveness, Negotiation and Control

What does our Anger Management course cover?

Anger Management Classes on How to Control Anger

This course is written for anyone for whom anger plays a significant part in their life. It focuses on anger management techniques that don't just help you with controlling your anger, but also teaches you skills for coping with anger in others.

If you have trouble in dealing with anger issues, it will have a negative impact on your whole life: it will affect you at work, at home and (of course) socially.

We teach you proven anger coping skills: you will learn how to deal with and control anger, and how to manage it and have a calmer and more controlled life.

This Anger Management skills training course, like all our courses, has been developed over many years of classroom and online delivery. Content has been thoroughly researched and is constantly updated so it's always leading edge. It's delivered by professional presenters and is full of practical knowledge and solutions.

Still wondering whether to do the course?

Just think about this: how much would you benefit if you had better anger management skills?

Course content for Anger Management And Control

- 1  **1 - What is Anger?**

 - » What is Anger?
 - » What Causes Anger?
 - » Triggers
 - » Types of Anger
 - » The Long Term Effects of Anger


- 2  **2 - Angry Volcanos**

 - » What Are Angry Volcanos?
 - » The Interrogator
 - » The Intimidator
 - » Learned Volcanic Behavior
 - » How to Spot a Volcano


- 3  **3 - Bottling up Your Anger**

 - » Bottling up Your Anger - Being a Black Hole
 - » The Victim
 - » The Winder Upper
 - » The Distancer
 - » How to Recognise a Black Hole


- 4  **4 - Controlling Your Anger**

 - » Controlling your Outbursts
 - » Having a Strategy
 - » Long Term Anger Management
 - » Improving your Communication
 - » Controlling Anger: Using THINK


- 5  **5 - Anger and Communication**

 - » Expressing Anger
 - » The Three Components of Communication
 - » Body Language
 - » Using Voice
 - » The Words to Use
 - » Why You Express Anger
 - » 6 Steps to Communicating When Angry


- 6  **6 - Dealing with Angry People**

 - » About Dealing with Angry People
 - » The Seven Step Process
 - » Coping Strategies - The SOFTEN Acronym
 - » Self-Preservation when Dealing with Anger in Others



7



7 - Using Anger for Positive Outcomes

- » Can Anger Be Positive?
- » Using Anger to Motivate You
- » The Yerkes-Dodson Curve
- » Channelling Your Anger



8



8 - Assertiveness, Negotiation and Control

- » Be Assertive, Not Aggressive
- » Goal Setting
- » Reward Yourself
- » Track Your Progress
- » Get Somebody Who You're Accountable To
- » Negotiation



This is a CPD Certified Course

This means that not only has it been rigorously assessed in terms of content and quality, but with the **Diploma** or **Professional** course options, you get a personalized official CPD certificate.

And There's a Great Workbook...

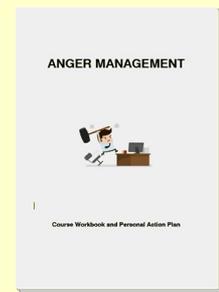
The CPD certificate you get with the Diploma and Professional course options will be your proof of **where you are**.

How about realizing your **full potential**?

Choose the **Development** or **Professional** course options and get your own great, results-focused downloadable workbook.

The workbook features:

- **Summary notes** of the course to refer to as you go
- Space for **your own notes** alongside the summaries
- Apply the lessons in each module to your own situation and needs
- The **unique ZandaX Personal Action Plan** with four structured Follow Up Sessions for you to monitor and manage your ongoing development
- A final Review Session for you to see just **how far you have come!**



More about the ZandaX Anger Management And Control course

Learn How to Deal With Anger Issues

Learn about managing anger in yourself and others

If you're wondering "How can I control my anger?" you may feel you have a mountain to climb. Well, you don't: anger management is easier than you think! And our online classes are much easier than anger management therapy or medication!

You can relax, too: you don't need to get rid of anger because it's natural: we all get angry. Anger isn't the problem: it's the bad behavior that can follow. Our course gives you tools to deal with anger, how to communicate your feelings in a positive way, and gives you proven ways to manage your anger.

We also show you how to deal with anger in other people, simply by following some basic rules.

When you know how to manage anger, and can even help people to control theirs, life will be more calm, enjoyable, and your relationships will be happier too!

Watch the modules, revisit them time and again ... and have fun with improving your skills!

Learning options

This course is delivered as informative, easy-to-watch videos which you can pause, re-run and revisit as often as you like. You can view the content in any order, and review whatever you like at any time.

You also have the following options to choose from:

Fast Track option

You don't get extra learning resources, but it's a quick and easy way to go.

This option is for you if you want good coverage of the subject but have limited time or budget.

Development option

This is the most popular option because it also includes a comprehensive ZandaX workbook and Development Plan which allows you to engage fully and deepen your understanding enormously.

This option is for you if you're serious about your development and don't need a CPD certificate.

Diploma option

This includes the Fast Track course, PLUS a CPD certificate. It's ideal for people who want to learn the subject to an adequate level and achieve a CPD certificate but don't need to maximize their knowledge.

This option is for you if you need a CPD certificate as part of your professional development, or you'd like one to put with your CV.

Professional option

Here, you get everything: the course, PLUS a comprehensive ZandaX workbook and Development Plan, PLUS a CPD certificate. So you maximize your learning, and get an internationally recognised certificate.

This option is for you if you're serious about development, and want credible proof of your progress.

ZandaX

ZandaX – Change Your Life ... Today

All content © ZandaX 2021

www.zandax.com