

Anger Management - Understanding Anger

Course Objectives:

- Understand how thought structures relate to our emotions and influence our behavior
- Evaluating and analyzing the anger in the person opposite and how to deal with it
- Learn and apply the art of successful communication to avoid anger and its causes
- Know and apply the latest effective methods in anger management
- Increase emotional awareness to significantly reduce anger and recover from negative emotions
- Learn how we experience stress and how to transform it into beneficial emotions to regain control over feeling
- Managing crises in the daily work environment and acquiring the necessary skills to deal with these crises.
- Confronting the pressures resulting from work and dealing with the tensions resulting during work
- Avoid anger by establishing healthy, mindful states
- Master practical techniques to eliminate any feeling of unwanted emotions
- Maintain composure when dealing with anger or while under pressure
- Practice stress reduction techniques

Course Outline:

- Understanding anger

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- The concept of anger
- Definition of anger
- Degrees of anger
- Manifestations of anger
- Causes of nervousness and anger
- Dealing with others' anger
- Causes of anger during dialogue and how to avoid it
- Dialogue and negotiation skills
- How to deal with an angry person
- How to absorb other people's anger
- Anger management
- Anger control
- Wise trends in controlling anger.
- Benefits of controlling anger.
- Ways to control anger

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