

Bite Sized Learning – Managing Anger



Overview

Come on this interactive session to understand anger, its causes and learn ways of controlling it. Learn how anger may present and how it can spiral out of control. Assess need to manage anger and action plan using ways of controlling anger that meet individual needs. If you or somebody you care about including a colleague or a service user has difficulty controlling anger, this could be the course for you.

Who should come on the course?

All employees at all levels of the organisation. Tenants, volunteers and students. Content is tailored for different groups.

Learning Outcomes

By the end of this session you will be able to:

- Define anger
- List the causes of anger
- Recognise the 'Vicious circle of anger'
- Identify ways of controlling anger
- Undertake a self assessment of how to control anger
- Action plan to control anger

Booking Information

- **Organisations** - Training can be at your venue on dates to suit you for up to 15 delegates. Please contact us for further information.

HearFirst is an independent award winning training provider.

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