

Anger Management And Understanding Anger

Finstock Evarsity

Course Specifications

Mode of Study : Online study mode

Location : Nairobi

Duration :

Course Summary

This short course will help teach participants to:

- Recognize how anger affects the body, mind, and behavior
- Use a five-step method to break old patterns and replace them with a model for assertive anger
- Identify their hot buttons or triggers, and how to manage them
- Control their emotions when faced with other peoples' anger
- Identify ways to help other people safely manage some of their repressed or expressed anger
- Communicate with others in a constructive, assertive manner

Contact:

BrighterMonday

+254703026000, +254703026123

bmlearning@brightermonday.co.ke