



See more at [www.zandax.com/courses/anger-management](http://www.zandax.com/courses/anger-management)

Course information from ZandaX

## Anger Management and Control

**Manage and control anger in yourself and others**

Course duration: 2 hours of highly focused content (Revisit, review and revise as often as you want)

### What you'll learn

- ✓ What is Anger?
- ✓ Angry Volcanos
- ✓ Bottling up Your Anger: Being a Black Hole
- ✓ 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 requirements

There are no pre-requisites for this course.

Most people who take an anger management course are in a difficult position because they don't actually know what to do.

We take account of this, and provide an understanding of anger, as well as what to do about it.

## Who's this course for?

This course has been developed for anyone for whom anger plays a significant part in their life, whether in themselves or in others.

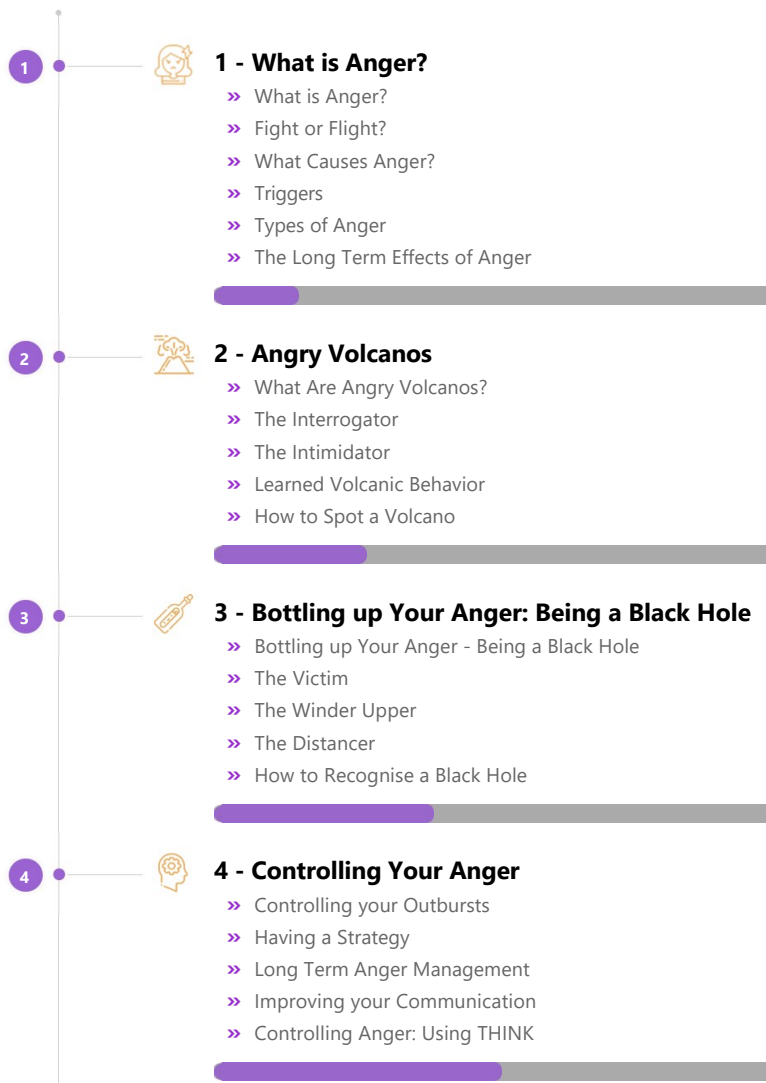
And anger management isn't always about managing anger in yourself: the lessons will be of enormous help to anyone who either has anger issues of their own, and is looking to deal with them, or has to interact with somebody who does, such as a family member, work colleague or manager.





## CPD accredited course



This course is CPD accredited, which means that not only has it been rigorously assessed in terms of content and quality by the CPD, but you have learning options (see below) to get your own official CPD certificate.

## Course content for Anger Management And Control



- 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

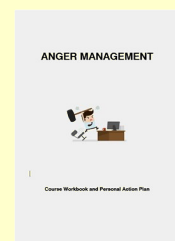
### And There's a Great Workbook...

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**?

The course comes with a great, results-focused downloadable workbook.

The workbook features:



## 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 format

The course is offered as follows:

You'll learn using easy-to-follow on-screen videos which you can pause, re-run and revisit as often as you like, and also through interactive content with short quizzes and questions appropriate to the course subject.

The course is arranged into modules, each with several lessons. Refer to the course content for more details on what's covered. You also get interactive content, a comprehensive workbook and a course certificate as evidence that you have invested in your skills as part of your professional development.

#### View this course online

Visit our website at [www.zandax.com/courses/anger-management](http://www.zandax.com/courses/anger-management) to view the latest details, including related courses, prices and quantity discounts.

**ZandaX**

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