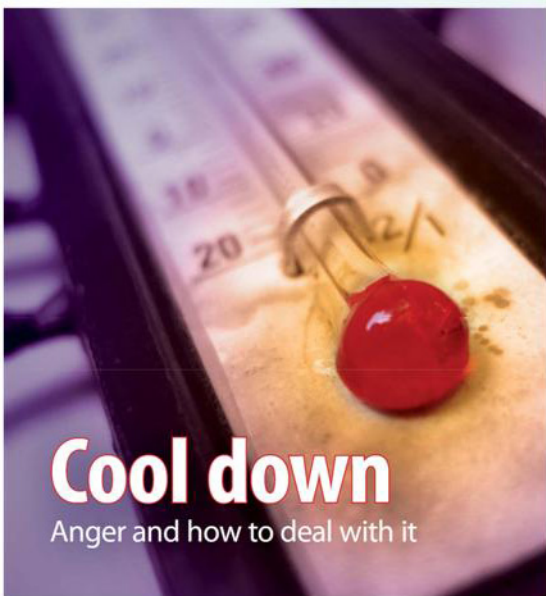


**Anger**

**Management**



**Cool down**

Anger and how to deal with it

*"New tools to take charge"*



## What you can expect to achieve

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Anger Management Coaching helps you understand and change;

Anger is a learned defence/control reaction

Underneath Anger are often deep feelings and beliefs

Ways to express anger in a positive and healthy way

How the 'trick' is to stay relatively calm and focussed not 'calm down' after

Practical approaches to the issues of Anger and its management

How to 'listen' or 'understand' before making judgements and learning to trust your inner sense of 'when to act'

To experience your own and other people's anger and remain positive

That once you can change your reactions your relationships will change as well.

Anger Management is about self; empowerment & esteem through self awareness & practice tools.

## Anger Management

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The aim of our sessions is to enable you to gain a greater understanding of yourself and of others and what we have in common and value. Many people would call this empathy, which increases understanding and tolerance.

Anger Management is just as much about dealing with other people's difficult behaviour as your own. How do you react to shop staff, authority figures, partners, parents and siblings when they act in a childish, selfish or aggressive manner? Do you find you keep having the same problems but with different people?

Instead of judging yourself or others, try asking some questions. Do you:

1. Feel confused as to why this keeps happening?
2. Feel you have ever lost a relationship because of anger?
3. Regret the consequences of your anger?
4. Feel you have no support because of your anger?
5. Feel you fly into a rage more than once every few weeks?

Often when people are not comfortable with their own behaviour they need to justify it to themselves. Have you ever had to justify your actions to someone else or YOURSELF in the following ways;

"Anyone would have been angry if that had happened to them". "They started it".

"I treat people the way I am treated".

## Anger related issues

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- 90% of people believe that the UK has become an angrier society in the past 10 years.
- Domestic Violence problems are at critical levels. In the UK, 25% of all reported crimes are domestic and will continue to increase unless measures are taken to address these issues.
- Violence within under 18's is increasing dramatically
- Under 16's are being excluded from schools because of anger and violence towards teachers, fellow students and school property.
- In 90% of companies performance is undermined by stress in the work place.
- Office rage is becoming a serious issue and 1 in 5 workers are subject to violence at work and 53% of employees are bullied at work.
- 90% of people see Anger as a moral issue.
- Is nearly always present in the history for people who have mental health issues or addictions.
- It's never too late

## Is it for everyone? Yes, why not?

There will be times in our lives when we will all see and experience the adverse effects of anger. Whether this is at work, in college, in our relationships or when simply driving down the road.

In these sessions we will explore how we can improve our ability to deal effectively with both our own and others anger.

Whether it is your own or someone else's anger, you can keep calm and take charge.

This is the essence of our work.



It's never—too late.

## Call Paul to see if he can help you

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Paul has comprehensive experience working with individuals of all ages and ethnic origin with a variety of problems; Men, Women, Parents, Children, Managers, Employees, Addicts, Alcoholics, those with learning difficulties and all walks of life.

He has also trained a wide range of companies and organisations including Police, CJIT workers, Youth Workers, Volunteers, Various Project Support workers and Colleges in Bristol in varied techniques for managing others distress.

Paul has also worked as an expert witness in Crown Court.



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