

ANGER MANAGEMENT

WHAT'S IN IT FOR ME WHY SHOULD I TAKE THIS PROGRAM

- Meet legal requirements for an anger management program
- Prevent anger destroying your career or relationships
- Practise anger management tools
- Receive a manual and anger management cards for future reference for a reasonable price

LEARNING OUTCOMES ANGER MANAGEMENT

Competency 1 Describe the neural science behind anger

Competency 2 Identify personal anger and escalation of anger

Competency 3 Identify when others are angry and how to cope with angry people

Competency 4 Recognize the 7 universal facial expressions of

Competency 5 Demonstrate the ability to use anger management tools

Competency 6 Describe how anger is related to other emotions

Competency 7 Anger and personality