

Anger & Understanding Emotions



Are you looking for strategies to stay calm and focused when confronted with difficult situations?

The Anger and Understanding Emotions is a two-day workshop that focuses on understanding and managing emotions, particularly anger. Participants will explore the five key components of emotional intelligence and learn how to recognise and tune into their feelings. Through a combination of information sessions, practical exercises, and group discussions, the course delves into the triggers of anger, what happens in the brain when it arises, and effective strategies for emotional regulation.

BENEFITS

The course helps participants to develop greater self awareness and the ability to understand and manage their feelings. Learn strategies to regulate anger, stay calm during challenges, and turn conflict into opportunities for growth. The course emotional resilience, and empowers to approach life's challenges with confidence and composure.

OUTCOMES

During the course you will learn:

- Increased emotional awareness and understand anger triggers.
- Practical tools and strategies to manage anger in challenging situation.
- Enhanced communication skills for navigating difficult conversations and conflict.

WHO IS IT FOR:

- Individuals looking to understand and manage their emotions more effectively
- Anyone wanting to improve communication in personal or professional relationships
- People facing stress or challenging situations and looking for coping strategies
- Those interested in understanding emotional triggers and how to stay calm under pressure