

ANGER RELEASE

was established

by Nina Willis

when she

realised there

was very little anger

management available to the

public or businesses through

her previous work with homeless young people and addicts.

Trained through, and now an

associate member of the British

Association of Anger Management,

Nina now passes on this specialist

knowledge of anger management to

those attending her courses with an

amazing degree of empathy and

understanding.

Based in Royston Hertfordshire,

ANGER RELEASE offers courses

throughout the county and

surrounding areas.

Don't be alone with your anger...



ANGER RELEASE

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**ANGER
RELEASE**



**ANGER
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**Anger Management
Training**



Don't be alone with your anger...

Anger Management Training

What is Anger?

Anger is a normal feeling that everyone experiences. Anger can range from slight annoyance to fits of rage and fury. Some feel anger every day, while others may only encounter feelings of anger when pushed to "the limit" and feel like exploding.

Anger can be caused by both internal and external events, and it can affect us both physiologically and biologically.



Anger often comes with very little notice, and can leave us with exhaustion, depression and regret. To express anger effectively, we need to develop positive stress and anger management skills. Some people swallow their anger until they explode, while others take out their anger instantly. Neither are effective ways of expressing anger. Finding an effective way to handle stress and anger is not always easy and what works for one person doesn't necessarily work for others

Who should attend?

- . Anyone who is hurting themselves and others with their anger and rage.
- . Parents who cannot deal with their angry children.
- . Anyone who knows someone suffering from anger issues.
- . Health and care professionals.
- . People who need to be more assertive and less passive-aggressive.
- . Teachers who need to find creative ways of managing disruptions in the class.
- . Customer service staff, call centre personnel and people managers.

What you will cover on the course:

- . How to recognise your anger type, and style.
- . Historical anger vs. present tense anger.
- . The eight rules of anger management.
- . Defence mechanisms.
- . Understanding what anger isn't vs. what anger is.
- . Primary feelings and emotions.
- . What the main sources of anger are.
- . Understanding rage and how it differs from anger.
- . Strategies to manage your anger.
- . Recognising cycles and patterns of emotion and how to stop them.
- . Recognising signs of anger to be able to apply the tools in time.
- . Giving and receiving effective feedback.
- . Guidelines for appropriate anger management.

Courses Available

10 Week Course:

A thirty hour course that is set over ten weeks, one evening a week, that offers an opportunity to work with a group looking at the dynamics of anger management.

Fee: £525 per person

3 Day Condensed Course:

A condensed course that is set over three days, usually Friday to Sunday though this can be flexible, that offers an opportunity to work with a group looking at the dynamics of anger management.

Fee: £525 per person

One to One Sessions:

If you are unable to join a group course due to time restrictions, or simply because you would feel more comfortable, then this could be your option. One hour weekly sessions looking at the dynamics of anger management. Appointments to suit all.

Fee:£55 per session

Venue

One to One sessions and 10 week courses are based in Royston, Hertfordshire. The 3 day condensed courses are also run in Royston, Hertfordshire, though ANGER RELEASE will also organise a course in a venue and location to suit the needs of any organisation for a group booking.

Remember

Don't be alone with your anger...