Session on Anger Management

Sat 30.05 - Sat 30.05.2015

Place:	Makro office
Times:	02:30 to 04:30
Contact person:	Aparna Ghose Adhikari
E-Mail address:	aparna.adhikari@makrofoundation.org
Web Site:	http://www.makrofoundation.org
Telephone:	040-46004600
Category:	Our Events

Additional Information:

Orientation session on Anger Management at Makro training hall on 30th May 2015 Saturday, 2:30 pm-4:30 pm

  Learn to control your anger before it controls you

  Venue: Makro Foundation, Makro Tower,1-65/2/256,Kavury Hills, Hyderabad -50008,Telengana

  Is near and dear ones anger affecting your personal as well as professional relations…Are you finding difficult to cope with—then this introductory session is for you.

  The objective is:

    To differentiate anger from other emotions
    To understand the constructive and destructive aspects of anger
    To enable participants imbibe anger management techniques.

  Session outlines:

  Introduction: Psychology of Anger, Types of Anger, Degrees of anger, triggers.- Anger cycle
  Anger Management techniques –Relaxation, Preventive measures – learn to recognize your anger at an early stage, before it gets out of hand

  Teaching methodology: Lecture, Group session, Case study and experiential learning.

  Who should attend this session:
  People having difficulty controlling his/her anger or finds it hard to express emotions effectively, people who spends time feeling guilty, hurt, angry, worried or anxious or who knows someone suffering from anger issues and wants to learn to deal with it in a healthy way,counsellors or field staff who deal with clients in distress.

  Outcome:
  Learn to use various scientifically tested techniques and strategies to create ideal work and personal life environment

To register call us on 040-46004600 between Monday-Friday ..10:00 am-7:00 pm or email us @ aparna.adhikari@makrofoundation.org

Places are sure to fill up quickly so please book your place today…..

Print date: Thu 25.04.2024

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