



GROUP TRAINING: ANGER

Many people experience anger-related behaviours when presented with life situations they don't yet feel equipped to respond to. So where do we learn the skills to respond to common life situations such as change, grief and loss, rejection, failure, success, stress ... and many more?

This 5-week course supports participants to identify the triggers for anger-related behaviours while offering skills and strategies (what to do) to prevent meltdowns and/or respond when a meltdown is pending.

This course is limited to ten people at a time and designed so that each person has ample opportunity to personalise the information discussed, making it relevant to their own life and their triggers. Our focus is to offer each participant the skills that, when implemented in their own life, will enable them to reduce the use of their anger-related behaviours ... supporting everyone to feel more settled as life lessons are continuously presented.



TOPICS COVERED

1. What is anger?
2. Understanding the true cause of my anger
3. Anger and expression - how are they related?
4. Communicating more truthfully with myself and others
5. Taking responsibility for my anger
6. Eliminating blame of other people and events for my anger, realising I am responsible for all my behaviour choices
7. What to do when events in my life are challenging for me?
8. Embracing self-mastery over my own behaviours without needing to control the behaviours of others
9. Developing strategies to reduce my anger-related behaviours
10. Observing and understanding other people's anger and how to support them

WHO WILL BENEFIT?

FABIC Group Training on Anger* is tailored to any person who:

- Uses anger-related behaviours
- Is the receiver of anger-related behaviours
- Supports a person who either uses or receives anger-related behaviours

*Maximum of 10 people per group

LOCATION

FABIC group training sessions are available:

- Via telehealth video for individuals joining a group
- Face-to-face at your location if you have a specific group of people (travel costs apply)

COSTS

Cost varies according to course size and location. Please contact FABIC for details.

For more info or to
book, contact FABIC

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... anger is not me, it is a reaction to my life lessons. When I embrace all my life lessons, my body can be free of anger and responsive to whatever life presents in my unique classroom of life.

