

# Anger Management Programme (Understanding and Dealing with Anger)



## Introduction

### Programme Description

- Anger Management Programme is a Development Programme Recognized by Institute of Leadership and Management (ilm). This programme provides candidate different enrichment activities, coaching session and explanation to understand deeply what exactly is anger and how does it affect us, our family, and our friends. What are the five dimensions of anger? We will provide a framework for you to discuss these questions with participants.

### Candidate Requirements

- Though there is no formal requirement set-out for this programme, candidates are expected to have a background that will enable them to benefit from the programme and possess at least Level 1 Key Skills Literacy and Numeracy or its equivalent.

### General Learning Objectives

- As each topic is explored, participants will learn how to:
  - Grow in the conviction that they are competent and worthy of happiness
  - Make a positive first impression
  - Turn negative thoughts into positive thoughts
  - Make requests so that you get what you want
  - Find ways of connecting with people

## Programme Layout/Outline

### Course Introduction and Overview

- Module 1** What is Anger?
- Module 2** Managing Your Anger
- Module 3** The Anger Process
- Module 4** How Does Anger Affect Thinking?
- Module 5** Managing Anger
- Module 6** Communicating Better
- Module 7** Behavior Types