



IMSIMBI

TRAINING

UNLEASHING YOUR POTENTIAL



Imsimbi Training proudly presents
Anger Management - 2 Days

Imsimbi Training is a fully accredited training provider with the Services Seta, number 2147, as well as a Level 1 Contributor BBEE company and 51% black owned.

This course is accredited by the Services Seta and material covers unit standard 252031 at NQF level 5 with 4 credits.



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INTRODUCTION

Graca Machel, humanitarian and wife of former President Nelson Mandela, warned that South Africa is an “angry nation” teetering on the brink of “something very dangerous” if extreme levels of violence are not addressed.

We South Africans live under extreme levels of stress. Many of us do not know how to deal with anger and frustration. Misdirected anger is evident in

- road rage incidents
- violence against women and children
- acts of criminality
- family feuds
- incidents at sports events

Unfortunately much of this anger is also expressed inappropriately in the workplace, leading to a breakdown of good interpersonal relationships and harmony in the workplace. Are your levels of anger appropriate in your management of people in the workplace? Are you able to control and direct your anger in the workplace in ways that are constructive and productive? Is anger an obstacle to your career development and growth?

COURSE OBJECTIVES

This programme is designed to provide learners with insights and tools to

- Better understand the nature of anger
- Identify types of anger
- Appreciate the positive functions of anger
- Learn new strategies for dealing with anger
- Transform your anger
- Take responsibility for your anger

TARGET AUDIENCE

This course has been designed for supervisors, team leaders and employees dealing with people both inside and outside their workplaces. It aims to assist people with the skills necessary to identify the anger in themselves and others; understand the causes of anger and explore methods for dealing with and expressing anger in appropriate ways.



WHAT THIS COURSE CAN DO FOR YOU...

- Identify the causes of anger
- Understand the role anger plays in a person's emotional makeup
- Analyse why and how anger becomes a problem for people
- Increase anger awareness in oneself
- Learn methods for dealing with anger
- De-escalate anger in yourself and others
- Learn how to keep cool under pressure

COURSE OUTLINE

Module 1 Identify the nature, causes and purpose of anger

Defining Anger

Brain Chemistry

The Role of Stress and Trauma

Causes of Anger

Module 2 What does anger management mean?

The Purpose of Anger

Demystifying Anger

Module 3 Understand different types of anger

Suppressed Anger

Openly Aggressive Anger

Passive-Aggressive Anger

Frustration Driven Anger

Predatory Anger



Module 4 Appreciate the positive functions of anger

Anger with Respect

Increasing Anger Awareness

Module 5 Develop strategies for dealing with anger

Recognising the “Hot Buttons

Understanding the message

Recognising what the language is telling us

Recognising the Anger Themes

Understanding the Illusion of Control

Strategies for Dealing with Anger:

Module 6 Facing the consequences of angry behaviour

Loss of Freedom

Physical damage to others

Fractured Relationships:

Module 7 Transforming Anger

Awareness and contemplation

Personalisation

Module 8 Anger Management techniques

L.A.S.T – Coping Strategy:

Disputation

Change how you react to stress

Communication Skills

