FREE LIFE SKILLS PROGRAM





5 session program

UNDERSTANDING AND MANAGING ANGER AND CONFLICT

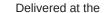
This five week program teaches you about anger - what it is, its impact on our lives and relationships, strategies about how to manage anger and how to successfully navigate conflict resolution.

Topics covered include:
 Understanding and Managing Anger,
Why anger reduction is important, Different communication styles,
 Recognising Anger Triggers, Real-time Strategies and
 Conflict Resolution tools.

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the only one who gets burned." Gautama Siddharta

Wednesdays, 26 October - 23 November, 9.30 am -12 pm

Proudly funded by





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