



Anger management training

Your success at work and in everyday life

Seminar objective

Daily anger costs time and energy. It causes stress and affects our health and well-being. In this seminar you will learn how to be less angry and how to deal with everyday challenges in a more relaxed way. The goal of the seminar is to give you the ability to deal with negative emotions in a healthy way. Use stress factors positively and thus gain quality of work and life. Even in stressful situations, you can handle anger with confidence and improve the overall work atmosphere. We show you how.

Seminar content

How do I stay constructive?

- The distinction between the cause and the cause of anger.
- Serenity and new thought patterns
- In which situations do we get angry?

The right strategies:

- Tips, techniques and strategies - Less anger in everyday life.
- What is the biological meaning behind anger?
- Control, recognition, security
- Using process-oriented questioning techniques
- Changing levels: from emotion to mind

How do I consciously deal with anger?

- Dealing with difficult situations - In every conflict there is an opportunity!
- 3 ways to deal with anger Suppressing anger, letting anger out and anger as a warning signal
- How can you reprogram yourself positively?

Exude self-confidence in difficult situations:

- How do I maintain inner calm? Dealing with stress in everyday life and in the office
- When does self-confidence turn into annoying arrogance?
- What is meant by restraint?

Develop approaches and solutions:

- Guiding questions and analysis of concrete cases from practice
- Helpful conversation techniques
- Communication techniques

Methodology

Group discussion Practical exercises Tips for transferring learnings into everyday life Trainer input External and self-analysis

Target audience

The seminar anger management training is aimed at specialists and managers who want to reduce their own and others' levels of anger.

Course ref.

PE4013

Participants

not more than 9 participants

Schedule

1. Day: 10:00 - 17:00
2. Day: 09:00 - 16:00

Location & dates

Münster

10.06.2024 – 11.06.2024
12.09.2024 – 13.09.2024
02.12.2024 – 03.12.2024
20.02.2025 – 21.02.2025
19.05.2025 – 20.05.2025
11.09.2025 – 12.09.2025
01.12.2025 – 02.12.2025

Fee

1.150,00 € (ex. VAT)
1.368,50 € (inc. VAT)

Included in the price: Working documents, certificate of participation, lunch and coffee breaks.



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Ich melde mich/Wir melden uns zu folgender Veranstaltung an:

1. Teilnehmer

Name/Vorname

E-Mail

Mobilnummer

Veranstaltung Seminarcode

Ort Termin

Firmendaten/Rechnungsempfänger

Firma

Rechnung (Name)

Straße/Nummer

PLZ/Ort

Telefon/Fax

Branche

Datum

2. Teilnehmer

Name/Vorname

E-Mail

Mobilnummer

Veranstaltung Seminarcode

Ort Termin

Anzahl der Mitarbeiter in Ihrem Unternehmen

Kundennummer

Anmeldebestätigung (E-Mail)

Unterschrift