

ANGER MANAGEMENT & VIOLENCE PREVENTION

This experiential approach to anger management and violence prevention is specifically developed by experts and specialists to help corporate management anticipate, prevent and resolve such situations at the workplace by applying effective techniques and strategies.



100% SBL CLAIMABLE

Modules

- Module 1: A Perspective on Anger**
- Module 2: Anger Management Essentials**
- Module 3: Understanding Anger**
- Module 4: Identify Anger Triggers**
- Module 5: Legal and Liability Issues**
- Module 6: Category of Angers & Violence at Workplace**
- Module 7: Practising Anger Management Techniques**
- Module 8: The Art of Violence Prevention**
- Module 9: Monitoring and evaluating changes**
- Module 10: An Inspirational Closing**

Objectives

- identify triggers and stressors in anger management
- understand healthy techniques to express anger
- develop an understanding of how and why violence occurs between individuals and within groups and organisations
- recognise how anger affects our bodies, mind and behaviors
- enhance positive outlook and cooperation by understanding their legal liabilities
- build confidence in management to ave anger management interventions to help team members

Who Should Attend

- Head of Departments
- General Managers
- Sales Managers
- Marketing Managers
- Assistant Managers
- Business Team Leaders
- Senior Executives

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