

MANAGING ANGER AND STRESS TO STAY FOCUSED AT WORKPLACE



OVERVIEW

We have all experienced stress and anger at some point during our day to day life. It can be brought on by a myriad of reasons whether it is in the workplace or in our personal life. In the workplace employees at all levels can feel stressed out, anxious, and misunderstood. In our personal life the stresses can be even greater due to finances, family and responsibility. Anger is a powerful emotion. If not managed appropriately it may have destructive results for you, your colleges and your loved ones costing people their jobs, personal relationships, and even their lives when it gets out of hand. Uncontrolled anger can lead to arguments, physical fights, physical abuse, assault and self-harm.

OBJECTIVES

- Identify the best approach to a stressful situation (Alter, Avoid or Accept)
- Understand what lifestyle elements you can change to reduce stress
- How to use environmental and physical relaxation techniques
- Understand anger dynamics
- Understand the myths of anger
- Know techniques in controlling anger

COURSE OUTLINE

- Understanding Stress
- It's All about you
- Environmental Relaxation Techniques
- Controlling Anger
- Separate the people from the problem
- Dealing with your anger



WHO SHOULD ATTEND?

Manager, Assistants
Managers, Engineers,
Administrative Staff,
Sales professional,
human resource, sales
executive, anyone keen to
manage anger and stress



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