MAWA EVENTS

Address: No. 857, Block A2. Leisure Commerce Square - No 9., 46150 Petaling Jaya, Selangor, Malaysia

Phone: +601116373203 | **Email:** info@mawaevents.net

ANGER MANAGEMENT – UNDERSTANDING ANGER

"Learn to understand, manage, and transform anger into constructive action."

Schedule

Date	Venue	Fees (Online)
09 Jul 2026	Online	USD 450 per delegate

Introduction

This 1-day online course helps participants understand the nature of anger, its triggers, and its impact on personal and professional relationships. Through guided exercises and practical techniques, participants will learn how to manage anger effectively, improve emotional control, and respond to challenging situations with calm and clarity.

This course offers valuable tools to not only reduce stress and conflict but also improve overall well-being and communication.

Objectives

By the end of this course, participants will be able to:

- Understand the psychology and physiology of anger.
- Identify personal anger triggers and warning signs.
- Apply practical techniques to manage anger and defuse conflict.
- Improve emotional regulation and communication during tense situations.
- Develop a personal action plan for long-term anger management.

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Why Attend

- Gain insight into the root causes of anger.
- Learn proven techniques to manage stress and emotional reactions.
- Improve relationships at work and home by reducing conflict.
- Boost emotional intelligence and resilience.
- Enhance your ability to stay calm and focused under pressure.

Target Audience

This program is designed for:

- Professionals seeking better emotional control in high-stress environments.
- Managers and team leaders handling difficult conversations and conflicts.
- Individuals aiming to improve personal well-being and relationships.
- Anyone interested in mastering anger management techniques.

Individual Benefits

Key competencies that will be developed include:

- Increased self-awareness of emotional triggers.
- Improved anger and stress management skills.
- Better communication and conflict resolution abilities.
- Enhanced emotional intelligence and resilience.
- Development of a personal anger management plan.

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Reduced workplace conflicts and improved team dynamics.
- Greater emotional resilience among staff.
- Enhanced communication and collaboration.
- Improved employee well-being and engagement.
- A healthier and more productive work environment.

Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings – Exploring the science and triggers of anger.
- Case Studies – Examining real-life situations of anger and resolution.
- Workshops – Practicing anger management techniques and exercises.
- Peer Exchange – Sharing experiences and strategies with fellow participants.
- Tools – Personal anger assessment tools, action plans, and coping strategies.

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Course Outline

Training Hours: 9:00 AM – 4:00 PM **Format**: 3 Learning Modules | Breaks: 11:00 & 2:00

Day 1: Anger Management – Understanding Anger

- Module 1: The Nature of Anger (09:00 – 11:00)
- Understanding the roots and triggers of anger.
- Recognizing the emotional and physical signs of anger.
- The impact of anger on health, relationships, and work.
- Module 2: Techniques for Managing Anger (11:15 – 1:15)
- Practical anger management and relaxation techniques.
- Strategies for effective communication during conflict.
- Role-playing exercises to practice de-escalation.
- Module 3: Building Long-Term Emotional Control (2:00 – 4:00)
- Developing emotional intelligence and resilience.
- Creating a personal anger management plan.
- Applying techniques for ongoing stress and anger reduction.

Certification

Participants will receive a Certificate of Completion in Anger Management – Understanding Anger, validating their ability to manage anger constructively and enhance emotional well-being.

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

In-House / Customized Training Interested in running this course for your team? Please contact us:	TEL: **+601116373203**	EMAIL: **info@mawaevents.net**

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