

## THE ART OF STRESS & ANGER MANAGEMENT

*“Transforming Stress & Anger into Productivity.”*

### Schedule

Venue (In-house)	Fees
At Your Organization Premises	Ask For The Quotation

### Introduction

Stress and anger are natural human responses, but when left unmanaged, they can negatively affect health, relationships, and performance. The Art of Stress & Anger Management course empowers participants to understand emotional triggers, manage reactions, and transform negative energy into positive and productive outcomes.

This course blends psychology-based techniques, mindfulness practices, and practical strategies to help professionals maintain calm, think clearly, and respond effectively under pressure. Participants will gain tools to enhance emotional balance, communication, and resilience in the workplace and beyond.

### Objectives

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

- Identify personal and professional sources of stress and anger.
- Recognize emotional and physical signs of escalating stress.
- Apply proven techniques to manage anger and maintain self-control.
- Use relaxation and mindfulness strategies to restore calm.
- Communicate assertively without aggression.
- Channel emotional energy into focus, creativity, and productivity.

## Why Attend

This course is ideal for anyone who wants to take control of their emotions, improve relationships, and create a more positive, balanced, and productive mindset. Learning to manage stress and anger effectively leads to greater self-awareness, healthier interactions, and improved overall performance.

## Target Audience

- Professionals experiencing workplace stress or pressure
- Managers, team leaders, and supervisors
- Customer service and frontline employees
- Anyone seeking to improve emotional intelligence and self-management

## Individual Benefits

- Gain control over emotions and reactions.
- Reduce stress, frustration, and burnout.
- Improve communication and interpersonal relationships.
- Enhance focus, decision-making, and creativity.
- Build long-term emotional resilience and inner peace.

## Organizational Benefits

- A calmer, more emotionally intelligent workforce.
- Reduced conflicts and workplace tension.
- Improved collaboration and morale.
- Higher productivity and better team performance.
- A supportive, positive work culture.

## Instructional Methodology

- Interactive workshops and guided discussions
- Stress and anger management exercises
- Role-playing and real-life simulations
- Mindfulness and relaxation techniques
- Personalized feedback and self-assessment tools

## Course Outline

Module 1: Understanding Stress and Anger — The Science Behind Emotions

Module 2: Recognizing Triggers and Emotional Patterns

Module 3: Techniques for Managing Stress in the Workplace

Module 4: Strategies for Controlling Anger and Aggression

Module 5: Mindfulness, Relaxation, and Breathing Practices

Module 6: Communication Skills for Emotional Control

Module 7: Transforming Negative Energy into Motivation

Module 8: Building Emotional Intelligence and Resilience

Module 9: Maintaining Balance in High-Pressure Situations

Module 10: Creating a Personalized Stress & Anger Management Plan

## Certification

Upon successful completion, participants will receive a Certificate in The Art of Stress & Anger Management, recognizing their ability to manage emotions effectively and transform stress into productive, positive energy.

## 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:

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