

Coping with Anger

Course Description

Anger is a normal and sometimes intense human emotion. No one person is exempt from feeling angry. In order to manage our anger, we must understand anger and learn how to use it for the enhancement of relationships. This course is designed to help you learn how to manage your anger and mobilize anger into positive results.

Target Audience

This course is intended for all employees.

Topics Covered

- Define anger through discussion of the emotional and physical components of anger
- Discuss the four stages of anger and behaviors associated with anger
- Learn effective techniques for managing anger and in fostering positive communication

Course Information

Time/Duration	2 Hours
Cost	No cost
Schedule/Contact	Humanresources_training@augusta.edu
To enroll in session:	https://train.augusta.edu

*To request a special session for your team on this topic, please submit a Service Request at [Wufoo](#).