

Change 2 day

A six session programme of
behaviour challenging

The programme

includes:

Conquer conflict

Defeat your defences

Axing Anxiety

Manage your anger

Lifting low self-esteem

Learn to listen, listen to learn

For more information

phone Steve Earlam

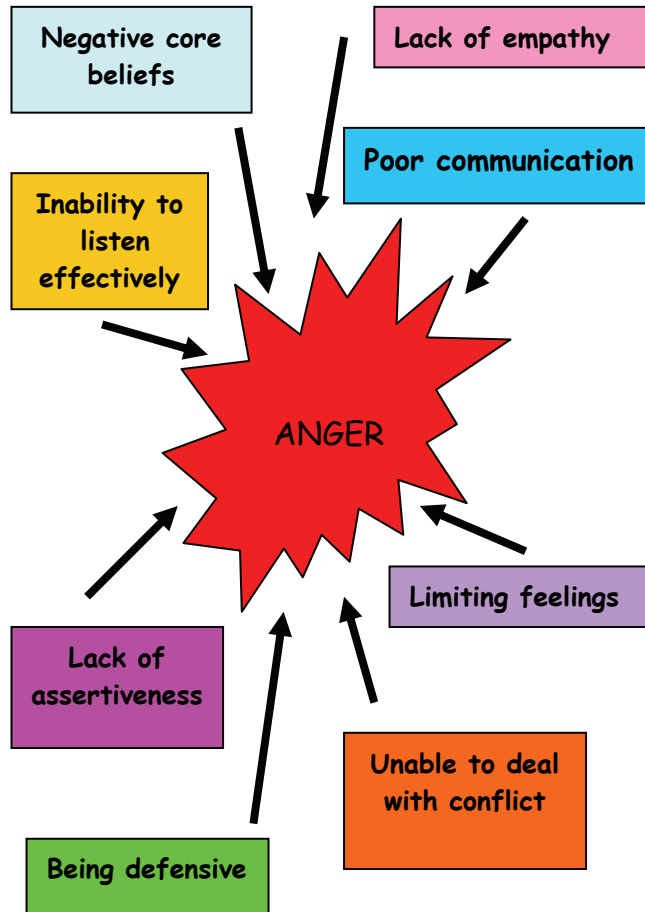
on 01302 865900

Cost per session £25

Complete programme £120

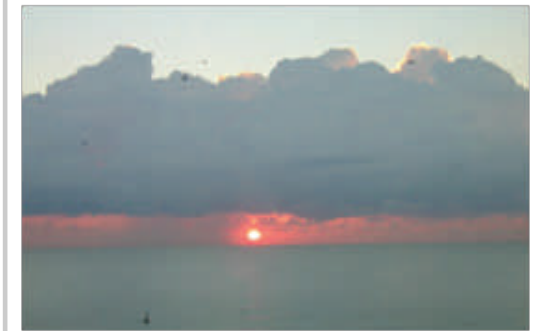
Sessions in Doncaster

Anger why it happens



Changing unproductive behaviour is difficult but it can be done. It really depends on how much you want to do it.

SYAM



Change today for a better tomorrow

**South Yorks Anger
Management**

Challenge your behaviour

Change 2 day

www.southyorksangermanagement.co.uk

Take a single session, mix and match or sign up for the whole programme.....the choice is yours.

the menu

Conquer conflict

Trusted relationships are spoiled when you think you can say and do whatever you want, whenever you want and think you can get away with it. *Learn how to:*

- Defuse minor conflicts
- De-escalate conflicted situations that have gotten out of control
- Approach disagreements in a positive, optimistic way
- Shape your conversations to maximise mutual understanding
- Use conflict as a positive force for change in your life

Defeat your defences

What is defensiveness?

- Constantly feeling under attack, and therefore quick to justify your actions
 - Always protecting yourself from criticism, and exposure of your shortcomings.
- On the defensive.....resisting or being ready to resist attack or danger

We all use defence mechanisms, the danger is over use.

Learn how to defeat them

Axing Anxiety

Anxiety is an emotion that leads to many uncomfortable physical sensations.

- Basically anxiety is what you feel in response to a threatening situation.
- Anxiety comes in many different forms and can affect anyone from any walk of life.
- Anxiety is no fun, it can be extremely unpleasant and uncomfortable.

Learn how to axe your anxiety by changing the way you think

Manage your anger

Anger is an emotional state that varies in intensity from mild irritation to intense fury.

It is

accompanied by behaviour changes

- Anger isn't a bad thing in itself but problems occur when it isn't managed in the right way.
- Learn how to reduce your emotional feelings and arousal that anger causes **by,**
- Understanding the triggers and pay-offs.
- Learning strategies to prevent anger rising in the future.
- Learning and practising calm down and

Healthy Choices

Lifting low self-esteem

In this session you will examine self-esteem, you will check your own thoughts and feelings and :

- Look at positive self-acceptance as an alternative to negative low self-esteem.
- You will look at acceptance attitudes.
- You will begin to make personal improvement.

An alternative to low self-esteem might be positive self acceptance, where you can adjust your view of your self, depending on what is happening in your life at the time.

Learn to listen, listen to learn

You learn when you listen, not when you speak

- Do you listen to others when they speak or do you tend to interrupt them?.
- Do you speak over them?
- Do you only pretend to listen to what is being said, all the time thinking about a response?

The most effective tool for open communication

is to allow one person to speak at a time.