

Workshop Description



Anger is one of the most maligned and misunderstood emotion. Anger, when handled appropriately, actually safeguards us from the possibility of abuse and violation. However, when it is not handled appropriately can negatively affect relationships with loved ones and relationships at the workplace.

Anger issue affects all of us, either we struggle with outbursts of anger and feel guilty thereafter or we may be victims of angry people who lash out their anger on us.

Workshop Objectives

This 1-day workshop is specially designed:

- to help people understand why they become angry and learn skills to express anger in a healthy manner
- to help us cope with people who lash their anger on us and learn skills to confront in a healthy manner

Target Audience

This workshop is designed for ANYONE and EVERYONE who wants to learn how to deal with own anger and with angry people and thus, improve the quality of relationships.

Workshop Methodology

Engaging lecture, real-life case sharing, personal/group exercises and role plays for experiential learning.

Workshop Topics

Topics are carefully planned to help participants, not just be equipped with knowledge but more importantly, be equipped with skills to handle anger and angry people in a healthy manner.

- Introduction to Emotions - Understand Your Anger
- The Emotion of Anger – Monitoring Your Anger
- Anger and Guilt
- Anger Options – Expressions of Anger (Healthy vs. Unhealthy)
- Dealing with Angry People

Workshop Facilitator



Earnest L Tan, a registered guidance counsellor with the Professional Regulation Commission in Philippines, is very passionate in helping people in personal and inter-personal growth and has conducted his flagship Growth and Wellness workshops in many Asean countries, including Malaysia. Many who attended his workshops have not only found them helpful but have experienced growth & transformation in their lives.

Earnest is pursuing his Master's in Education, majoring in Guidance and Counselling, from the Ateneo de Manila University. He is a regular lecturer & resource person for the Asian Social Institute, East Asia Pastoral Institute and also a Writer/Publisher for Spiritus Works Publication.

Workshop Details

DATE	JULY 30, 2011 (SAT)
TIME	9:30 AM -- 5:00 PM
VENUE	PUSAT AKTIVITI CALVARY Unit 20-2, Jalan PJU 8/5G, Damansara Perdana, 47820 PJ.
FEE	RM80 per person (inclusive of materials, lunch & teabreaks)
ENQUIRY	Katherine at 03 - 7710 3360 or e-mail at clm@clm.org.my