Emotional Mastery: Transforming Anger into Positive Action Training

Duration: **1 Day**

BILGINC IT Academy
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Overview

Learn to manage frustration, build emotional intelligence, and transform anger into positive action.

Emotional Mastery: Transforming Anger into Positive Action equips participants with practical strategies to recognize, manage, and channel anger in constructive ways. Anger is a natural emotion, but when unmanaged, it can negatively impact professional relationships, decision-making, and overall workplace harmony.

This course teaches individuals to identify triggers, understand underlying causes, and apply techniques to regulate emotions effectively. Through interactive exercises and real-world scenarios, participants learn how to transform frustration into productive action, enhance emotional intelligence, and maintain composure in challenging situations.

Who Should Attend?

This course is ideal for corporate professionals, managers, team leaders, and anyone seeking to improve emotional regulation and interpersonal effectiveness. It benefits individuals who frequently encounter high-pressure situations, conflict, or stress in the workplace and want to respond thoughtfully rather than react impulsively.

What You Will Learn

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

- Recognize personal anger triggers and patterns of response.
- Understand the emotional and physiological components of anger.
- Apply strategies to manage anger in professional and personal contexts.
- Transform frustration and negative emotions into constructive actions.
- Improve communication and conflict resolution skills through emotional regulation.
- Build resilience and maintain composure under stress or pressure.
- Enhance emotional intelligence to foster better relationships and workplace harmony.

Outline

Module 1: Introduction to Emotional Mastery: Why we feel frustration and Anger

- Understanding why we feel anger and the wide range of emotions that are the result of being angry
- How Does Anger Work?
- Thoughts That Fuel Anger
- How Do You Cope With Your Anger?
- Changing Coping Techniques

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Module 2: Recognizing Anger Triggers and Patterns

- Assessing Why You Get Angry, When You Get Angry and Your Own Personal Way of Handling Anger
- What Provokes You?
- When To Be Angry
- Your Body and Anger

Module 3: Using Your Emotions to Improve Your Life

- Know When Your Anger Is Valid and How to Make It Work for You
- Anger: Pain or Gain?
- Just or Unjust?
- Anger and Your Communication Style

Module 4: Building Resilience and Sustaining Change

- Developing long-term emotional regulation habits
- Creating personal action plans for managing future anger triggers
- Tools for ongoing self-assessment and improvement

Module 5: Strategies to Regulate Anger

- Keeping Your Anger Under Control and Preventing That Spark from Turning into an Escalation
- Tips for Handling Criticism
- Relaxation
- Getting Back in Control

Module 6: Letting Go of the Past

- Identify Past Anger That Still Affects You Today and Don't Repeat Behavior That Is Self-Defeating
- Identifying Unresolved Anger from the Past
- Experiencing Anger from Expectations
- Be Good to Yourself

Module 7: Listen to Other People's Frustration and Anger

- In Order to Improve Relationships, We Must Recognize Another's Anger and Respond in a Helping Manner
- Coping With Angry People
- Styles of Communication
- Your Family Relationships
- 20 Additional Behaviors That Create Relationship Anger
- Teaching Your Child to Manage Anger
- Anger and Your Working Relationships