

THE NUTS & BOLTS OF YOUR ORGANISATION

We offer bespoke programmes to private and public organisations, which can be held at our premises or at any designated venue.

You can:

- Select from various modules designed and proven to meet your needs
- Have BAAM train your staff in anger management skills

We can:

- Conduct an internal audit to assess levels of distress in the workplace
- Help in dealing with corporate stress and conflict resolution
- Deliver workshops to enhance your well-being and emotional intelligence

We have **Beating Anger Clinics** in London, Birmingham, Derby, Portsmouth, Guildford, Bath, Harrow, Colchester, Brighton and East Grinstead



Give us a call or email us if you have any questions or would like to discuss your needs.

0345 1300 286

or email: info@beatinganger.com

or visit: www.beatinganger.com

www.angermanage.co.uk

Some of the organisations BAAM has worked with are:

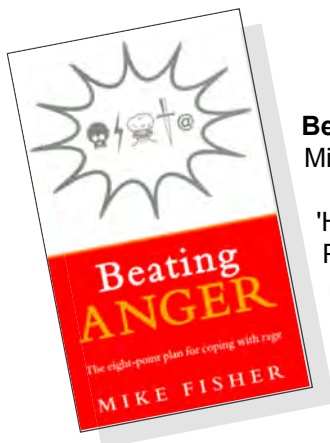
- Social Services
- Court Services
- Probation Services
- London Underground
- Youth Criminal Justice
- HMP Prison Service
- South Central Train Services
- Ford
- BAA
- NHS
- Police Services
- State Schools
- Connexions
- EMAP
- BT
- Coca-Cola
- Birkbeck College
- British Airways
- Ealing Council
- Southwark Council
- Berkshire Council
- Farney Close School (EBD)
- Secret Key (Athens Greece)



Webinars

Webinars have come of age and today the technology supports audio and video and BAAM is now offering Teachers an opportunity to engage in a free webinar without having to leave their school or home - saving time, energy and money and still getting an incredible experience.

If you are interested in this service please contact us on: **0345 1300 286**
or email: **info@beatinganger.com** and we will send you further information.



Beating ANGER

Mike Fisher, published by Rider Books 2005

'His wealth of experience is evident throughout this book. Packed with practical exercises, easy to read checklists and real-life case studies, this book stresses that left unattended, anger can lead to ill health.' Big Issue

HOT OFF THE PRESS...

Mindfulness & the Art of Managing Anger

by Mike Fisher. Published by Ivy Press 2012

This book explores the powerful emotion of toxic anger - what it is, why we experience it and how we can learn to control its destructive power through the very nature of mindfulness. Fusing Western and Buddhist thought, therapeutic tools, specific meditative practices and frank personal anecdotes, this book reveals how we can all clear the red mist for peaceful wellbeing.

