

# DON'T LET YOUR ANGER BEAT YOU!

## ANGER and STRESS MANAGEMENT

Coaching and Counselling with Mike Fisher

*For young people, adults, couples and families*

Mike Fisher, the 'brains behind BAAM' has over 18 years of experience in the field of personal and professional development.. Mike has become known as the leading expert in the field of anger management in the UK and has contributed to many radio interviews, magazine and newspaper articles and television documentaries including 'NASTY BOSSES', 'THE ANGRICEST MAN IN BRITAIN', 'LOSING IT', 'VIOLENT FATHERS' with Kilroy Silk, 'BIG BROTHER'S LITTLE BROTHER' and a new 1-hour programme for BBC3 to be scheduled for Autumn 2004.

Due to the growing demand for anger management literature Rider Books, part of Random House publishers recently commissioned Mike Fisher to write a book from his unique perspective called 'BEATING ANGER'. This book will be the first of a series due to be published in February 2005.

Originally trained in humanistic counselling, psychotherapy and group facilitation, Mike brings his own unique blend of different models, theories and practical applications to this challenging and specialised field making the integration of the work enjoyable, fun and exciting. His wealth of knowledge and experience gives clients the added benefit of his expertise.

The sessions are conducted in an informal way, giving you the opportunity to explore your anger at your own pace. You will discover what your anger triggers are, your anger styles, where your anger comes from, why you react the way you do, identify your own natural resources, learn the eight-point plan for coping with anger & rage, anger substitutes, simple coping strategies, dealing with trauma, staying in the FLOW and generally how to beat yours and other people's anger.

### Costs

#### **1:1 for adults**

Initial assessment £110 per hour

thereafter £110 per hour

#### **Couples**

Initial assessment £110 per hour

thereafter £110 per hour

#### **Young people age 10 -18**

Initial assessment £110 per hour

thereafter £110 per hour

#### **Families**

Initial assessment £200 per 2 hours

thereafter £110 per hour

#### **Telephone coaching and counselling**

Initial assessment £110 per hour

thereafter £110 per hour (you pay for calls)

**Email Coaching** (see other side)

**Court Reports** - the cost is determined by the complexity of the report.

Once you have agreed to ongoing work with Mike you will need to contract to a minimum of 12 sessions, paid for in advance. You will receive a unique coaching work-book and certificate.

Sessions are held in East Grinstead, West Sussex and Regents Park, Central London.

If you are interested in an initial assessment or want to discuss anything further call Mike Fisher on 0845 1300 286 or visit: [www.angermanage.co.uk](http://www.angermanage.co.uk) **Email:** [michaelfisher@roomforgrowth.co.uk](mailto:michaelfisher@roomforgrowth.co.uk)

## NEW - Phone Coaching & Counselling

*Overcome Your Anger Management Problems*

*Improve Your Relationships*

*Live a More Fulfilling Life*

*Reduce Your Stress Levels*

- Having difficulty finding a counsellor-coach in your area that understands and specialises in stress and anger management issues?
- Want the convenience and privacy of doing personal growth work by phone, email, the office, at home or from a computer wherever you are?

## WHAT HAS YOUR ANGER COST YOU LATELY?

### NEW - Online Email Service Packages

You can purchase **Email Service Packages** and have your questions answered by one of the foremost specialists in anger management, Mike Fisher.

Simply choose the package you prefer below and pre-pay for the service either by cheque, debit or credit card.

Then email your story and related questions to [michaelfisher@roomforgrowth.co.uk](mailto:michaelfisher@roomforgrowth.co.uk) and Mike will promptly respond, giving you practical suggestions and direction for change in an email of equal or greater word count.

#### Package 1:

300 Words  
A one-time email  
Limit your email to 300 words.  
Mike will send a 300-word response.  
Fee: £50.00  
Email must be sent within one week.

#### Package 2:

450 Words  
A one-time email to, and response.  
Limit your email to 450 words.  
Mike will send a 450-word response.  
Fee: £70.00  
Email must be sent within one week.

#### Package 3:

300 Words 3 times  
Three emails to, and responses from Mike  
Limit your emails to 300 words per email.  
Mike will send a 300-word response.  
Fee: £120.00  
This package must be completed within 30 days.

#### Package 4:

350 Words 5 times.  
Five emails to, and responses from Mike  
Limit your emails to 350 words per email.  
Mike will send a 350-word response.  
Fee: £200.00  
This package must be completed within 45 days.

#### Package 5:

450 Words 10 times  
Ten emails to, and responses from Mike  
Limit your emails to 450 words per email.  
Mike will send a 450-word response.  
Fee: £500.00  
This package must be completed within 90 days.