

## WHO NEEDS TO ATTEND THIS PROGRAMME?

- Anyone who is hurting themselves and others with their anger and rage.
- Parents who cannot deal with their angry children.
- Anyone who knows someone suffering from anger issues.
- Health and care professionals.
- People who need to be more assertive and less passive-aggressive i.e. 'people pleasers'.
- Teachers who need to find creative ways of limiting and managing disruptions in the class.
- Customer service staff, call centre personnel and people managers.

## SHORT & LONG TERM BENEFITS

- Feel immediately lighter and happier with yourself.
- Increase joy in your life.
- Understand how to orientate yourself towards healing.
- Reminds you of things you already knew but had forgotten.
- Gives you a refreshing new look at yourself.
- Helps you create clear goals.
- Learn how to express all your feelings, not just anger.

## SOME SOBERING STATISTICS

- 80% of people believe Britain is becoming angrier.
- 45% of staff regularly lose their temper at work.
- 53% of people have been the victims of bullying at work.
- 65% of people are likely to express anger over the phone compared with 26% in writing and 9% face to face.
- In the European Union, Britain is the top road rage country • 80.4% of drivers claim to have involved in road rage incidents • 1 in 4 drivers admit to committing an act of road rage • There was a 400% increase in air rage between 1997 and 2000 • Britons spend 407 hours per person per year, shopping. Over half have stormed out of a shop due to bad service and frustration.

“LET US NOT LOOK BACK IN ANGER OR FORWARD IN FEAR, BUT AROUND IN AWARENESS”

## PEOPLE'S EXPERIENCES

“I've opened up a whole new way of dealing with my own and other people's anger. I feel empowered with the new depth of understanding I have of myself and have a good deal more empathy when dealing with other people. My own training work has doubled as a result of doing the course.”

**CiCi, Freelance Lifeskills Trainer, London**

“Coming to grips with my inner rage was like finding a thorny, briar-strewn path that took me back to my childhood. Becoming aware of things that went wrong there was a prickly, painful excursion, but it has started a remarkable healing process.”

**Christina, Sherfield-on-Loddon, Hampshire**

“Having worked in betting shops for twelve years I was regularly confronted by angry and sometimes rageful individuals. I would either rage back at them or grin and bear it and then take my unexpressed anger home to the people I love most. Having had enough of the pain I got on to an anger management programme with B.A.A.M. This transformed my life and my relationships. I am now able to understand my feelings and express them appropriately and to the right person. I got so much out of the course I decided to become an Anger Management trainer myself.”

**Andrew, Anger Management Consultant, Herts**

“As I got older, I saw a pattern in the breakdown of many of my personal relationships. The course helped make me realise I wasn't a freak. I've learned that anger is often a symptom of previous events - usually from childhood. I started to see why I was angry and where it came from.”

**Ingrid, Nurse & Complementary Therapist**

“Some people can't control their anger. Other people can't begin to express it. Either way, BAAM can help.”

**Evening Standard**

“WHATEVER IS BEGUN IN ANGER, ENDS IN SHAME.”

# BEATING ANGER



NATIONWIDE  
2006-2007



MANAGING ANGER  
IS A PRIMARY KEY TO  
CONTROLLING STRESS,  
ANXIETY & DEPRESSION



THE BRITISH ASSOCIATION  
of ANGER MANAGEMENT



www.angermanage.co.uk ✦ Call 0845 1300 286

## OVERVIEW OF THE COURSE

BEATINGANGER is a two-day workshop designed for anyone interested in exploring and understanding their anger, as well as discovering the necessary tools to safely manage and transform their anger effectively. You will develop an accurate profile of your own anger and stress levels, thereby giving you valuable information and insight into what triggers your reactions.

BEATINGANGER also examines how anger often takes root in childhood experiences. Withdrawal of love, inappropriate punishments, rejection, bullying and belittling are often historical issues that can fuel present-day anger.

Ranging from those that are extravagantly violent in their anger demonstrations, to those who inhibit and contain their rage, BEATINGANGER helps you step through your fear and inhibitions to start the process of effectively dealing with your anger and that of others.

## WHAT YOU'LL LEARN

- How to stop your anger affecting you emotionally and physically.
- What anger is not.
- How to avoid shame spirals.
- Understanding the difference between rage and anger.
- Anger from the perspective of a child, adult and parent.
- The regressive power of historical anger.
- How to manage stress plus techniques for resolving conflict.
- How to stop taking things so personally.
- How negative emotional cycles work and how to interrupt them.
- How to express anger cleanly.
- Why stress fuels your anger.
- How to control your thoughts and mistaken beliefs.
- The eight-point plan for coping with anger and rage
- Powerful coping strategies.

“THE ANGRY MAN WILL  
DEFEAT HIMSELF IN BATTLE  
AS WELL AS IN LIFE”

## VENUES, TIMES, DATES & PRICES

BEATING ANGER NATIONWIDE is a two-day programme running from 9am - 6pm each day. These dates are all set to run during the week. Each participant will receive a workbook and a copy of Mike Fisher's Beating Anger.

### 2006

19-20 Sept	Glasgow
25-26 Sept	Newcastle
05-06 Oct	Manchester
19-20 Oct	Bristol
02-03 Nov	Newcastle
08-09 Nov	Birmingham

### 2007

23-24 Jan	Manchester
06-07 Feb	Bristol
13-14 Feb	Birmingham
06-07 Mar	Glasgow
21-22 Mar	Newcastle
17-18 Apr	Manchester
24-25 Apr	Bristol
09-10 May	Newcastle
22-23 May	Birmingham

**VENUES:** Programmes will take place in central city locations, easily accessible by transport. Maps and full details will be emailed or posted upon booking.

**COST :** Self Referral - £580

Corporate Bodies Fee: 2006 - £895 / 2007 - £1175  
(includes charities, businesses and organisations)

**CANCELLATIONS :** No refunds are given. However, you can reschedule to attend a future programme within six months of your original booking. Alternatively, you may send someone else in your place as long as telephonic or emailed notification is given. An administration fee of £50 will be applied.

**The British Association of Anger Management**  
Call : 0845 1300 286 Fax : 01342 410 353  
web : [www.angermana.co.uk](http://www.angermana.co.uk)  
email : [info@angermana.co.uk](mailto:info@angermana.co.uk)

## ABOUT BAAM

As a response to the lack of anger and stress management services in the UK, the British Association of Anger Management was formed in 2001 by Mike Fisher, author of 'Beating Anger' and training director. Five years on, we are a centre of expertise for all aspects of anger, stress and conflict management providing services across the UK including Northern Ireland, the Republic of Ireland, South Africa and the United States.

We offer support, programmes and training for the general public, children and teenagers, government bodies, corporations, educational sector, personnel / H.R management, trainers, counsellors and anyone dealing with their own or another's anger. From individual support, workshops, seminars, bespoke packages through to training and career development with certification and associate membership - we offer something for everyone experiencing anger directly or indirectly.

## THE ANATOMY OF ANGER

Not knowing how to stop anger, causes it to intensify and spread to anyone or anything that gets in the way. Often it harms the ones we love: wives, husbands, children, lovers, other family members, business colleagues and friends.

It's important to learn to recognise what triggers our anger. Often we react before stopping and thinking it through. The consequences are usually unpleasant and inevitably painful.

## REFRESHER DAYS

Once you have completed a programme, it is possible to participate in a one-day Top-Up Module which will be spent examining personal progress and learning about advanced anger and stress management techniques.

## OTHER COURSES ON OFFER

- ❖ One-to-one coaching.
- ❖ Telephone and internet coaching.
- ❖ Bespoke programmes.
- ❖ Refresher days.
- ❖ Diploma courses for trainers.
- ❖ Individual assessments, which include court reports.
- ❖ Stress management.

For more information visit our web site or call the office.



