

Understanding ANGER

for Parents, Mentors
Primary Carers & Foster Parents

FREE ONE DAY

for people who live or work in
EALING ONLY



Saturday 24 March 2012 | Time: 9.00am to 6.15pm

Childcare facility available: 6 - 12yr olds

Cost: £50.00 refunded if you attend and complete the whole day programme.

Facilitator:

Director of the British Association of Anger Management and author of 'Beating Anger' Mike Fisher.

In today's stressful and busy world of uncompromising work schedules and relentless frustrations more and more people are finding it difficult to cope, so for parents it's even more of a task! The British Association of Anger Management has found that parents especially are desperately seeking answers to learn how to deal with the anger and conflict they find themselves in with their children.

BAAM knows that anger is here to stay and it does not go away until we actually face it head on and deal with it constructively and creatively. We also know that anger is an excellent indicator that tells us that something is not quite right in our relationships and by avoiding dealing with these destructive issues, we create more and more dis-harmony in our families. Facing issues head-on and developing skills to manage them creatively will increase your self-esteem and benefit the cohesion in your family.

By attending this workshop you make the world a safer place for you and your children.

Who this workshop is for:

- This is the perfect workshop for parents who feel that they have lost control and find themselves screaming and shouting or shaming and blaming their children on an on going basis.
- For parents who want to understand more about their anger and avoid some of the pitfalls of dysfunctional parenting.

What parents will learn on the day:

- **Where your anger comes from.**

Most parents think that it's their children that make them angry; this workshop will help you discover that only you can make you angry. What makes your children angry is them not feeling unconditionally loved.

- **How to reduce stress instantly.**

You will learn simple but effective skills in identifying your key stressors and how to reduce them in three easy steps.

- **The destructive and transformative power of your anger.**

Once you discover how you can use your anger to effect change and healing, your children will feel safer, closer and eventually become more co-operative.

- **Balance your busy life.**

When your life is out of balance and you are under resourced, its then usually that children become un-manageable. We will teach you simple re-sourcing techniques that will help bring you back into balance, relax you and help you get the results you want from your kids.

- **Discover your anger style.**

We will teach you to recognise what style you use, why you use it and then offer you alternative choices that will be more affective than screaming and shouting or shaming and blaming.

- **What anger isn't.**

Once you recognize what anger is not, you can then take clear steps in being assertive instead of being aggressive or passive aggressive.

"Most valuable course to attend, parents went away with a tool kit of ways to help them to understand their own anger and how to deal with their own children's anger too. We had full attendance on the day which showed how parents valued the learning and how to change their behaviour towards their children. They learnt how to describe their feelings better and this would help them to use this with their children so they can gain emotional literacy and well-being. By the end of the 7hr course I saw the light bulb switch on in parents heads, about the changes they were going to make at home to enhance their relationships with their children, and improve their families well-being." Kate Subanney, Ealing Council



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.

This was an amazing session which helped me and my family become better equipped for the future. I have read Mike's book as soon as I put the kids to bed and have been rereading it ever since. More importantly I have been practicing all the advice given.

- **Resolving conflict in 5 easy steps.**

We will teach you to express your anger in a clear, constructive way, whereby your children will listen and respect your feelings and wishes.

- **What children need.**

Children feel very misunderstood at home and at school because their emotional needs are not being met, you will discover just how simple it is to meet your children's needs without compromising your position or authority.

- **Increasing children's self-esteem.**

Most adults do not have healthy self esteem, they often mistake confidence for self esteem. This day workshop will help you to differentiate between the two and by meeting your needs, meet your children's needs.

- **Games that children and parents play - The power struggles.**

If a child does not have clear boundaries and healthy emotional role models, they then begin to play up and act out. We will teach you how to recognize the sub-text to their anxieties and how you can help them to reduce their own anxieties rather than play mind games with you in order to get your attention, even your negative attention.

- **The 8 golden rules for managing anger**

Each rule you learn is based on common sense and if applied daily in your life it will, with immediate effect, reduce the amount of arguments, fights and stressors in your family.

COST: FREE. £50 deposit will be returned one week after you have attended and completed the one day event. If you cancel the event or fail to complete the day you will NOT receive a refund.

DATE: Saturday 24 March 2012

TIMES: 9.00am to 6.15pm

VENUE: Ealing Council, Perceval House SW, Ground Floor, Room M2.12, Ealing, LONDON W5 2HL

Entrance to the course is from the back door of Perceval House where the car park is. **Parking will have to be paid for. Childcare is available for 6 - 12 year olds. Please ensure your children have a packed lunch as well as 2 snacks for the day.**

A workbook plus a copy of Mike Fisher's book 'Beating Anger' will be provided. A certificate of attendance is also available and will be posted a week later. Buffet and refreshments will be served.

For further enquiries please call:

tel: 0845 1300 286

or email: **info@angermanage.co.uk**

Application Details:

Name: _____

Address: _____

Postal code: _____

Email: _____ Tel: _____

Mobile: _____

How did you hear about this course? _____

I understand that if I do not attend OR fail to complete the full day I will not have my deposit returned.

Signed _____ Date _____



Please return booking form with a cheque for £50 made payable to BAAM. Payment confirms your place. Limited spaces available. We can also take a Debit Card deposit over the phone. Tel 0845 1300 286 Mail to: No4 The Bothy, Plawhatch Lane, East Grinstead RH19 4JL