



Anger Management

ZESTLIFE- Who are we?

ZestLife have been working with teenagers around the world from all walks of life for the last 10 years. The team is made up of male and female facilitators who work together with young people, role-modelling good gender interaction and respect. They are highly qualified as coaches, therapists and presenters and have decades of experience in coaching and counselling teenagers, specializing in young people with behavioural, social and economic challenges both at home in Ireland and internationally in Belarus, Georgia, Azerbaijan, Russia, Romania, Africa, Uganda, Liberia, Iran and Afghanistan.

Outcomes of the 'Anger Management' workshop:

Our endeavour in this **Anger Management** workshop is to investigate the whole area of anger, its causes and what we can do now that changes the problems that bottled anger causes. You can expect change in the following areas:

1. Understand why you are angry
2. Decrease the anger that binds you
3. Increase levels of understanding that lead to peace and calm
4. Develop staying power to make new choices that create better results

How does it work?

Anger Management is a half-day programme, containing 3 modules. Each workshop is fun, interactive and hugely rewarding to those who participate. We recognise that questions and feedback are an integral part of the learning process which is why we will provide your trainees with a safe environment to develop and engage in what is a very positive learning experience.

Teaching Methods:

We are acutely aware that teenagers tend to have extremely short attention spans and tailor our training accordingly. ZestLife use a number of different techniques in order to create a dynamic, interactive and practical learning environment.

During the **Anger Management** programme we use different types of media to cater for different learning styles within each group. Each delegate is encouraged to get involved in the learning process where participants engage and contribute to obtain a physical reference for what they are learning. This makes the content more memorable, practical and easier to apply.

Module 1: Understanding what angry behaviour is and where it comes from

In this section we will learn what type of anger we are troubled with and where it comes from

- What is anger?
- What type of anger is mine?
- What do I do with my anger?



Module 2: How anger meets our needs and how we need to replace it not ignore it.

In this module we investigate the anatomy of anger, once understood we then can choose new methods of dealing with it

- Anger triggers
- What to do when you get angry
- Changing the habit

Module 3: What are you going to do new?

This last section examines what we can do new that will change the outcomes we have experienced before.

- Old habits die hard
- Replace not ignore or "get rid of"
- Peace and calm



Feedback from previous programmes run by ZestLife:

'Our aim is to facilitate our trainees in creating a constructive future for themselves. We work extensively with ZestLife because we believe they accelerate our mission and encourage our trainees to become even more confident, positive and productive.'

Mick Byrne, Tolka Valley CTC, Dublin (October 2007)

'We have worked extensively in the past in areas of self help and personal development with our trainees. This YouthForce Programme by ZestLife is far and away the most beneficial and powerful-2 day course we have ever done. Our trainees loved it and were impacted very deeply in a very positive way. I have already asked ZestLife back to work with our trainees in the summer.'

Alex Cahill, Bonnybrook YouthReach, Dublin (December 2007)

'The way Maggie and Stuart talked to us was great. I felt that they both really helped me, not only now but for my future. I'm going to be more positive in life.'

Trainee, Tolka Valley CTC, Dublin (October 2007)

'I realised I can get through my fears. I'm going to finish my course because I know now I can do it. I also want to help people who don't have as much as I do.'

Trainee, Knocknaheeny YouthReach, Cork (January 2008)

To book training for your centre call:

ZestLife (East & South)

Stuart Wilson

Mobile: 087 2539989

Office: 01 2943799

stuart@zestlife.ie

www.zestlife.ie

TeamLife (West & Midlands)

James Martin

Mobile: 086 8502159

Office: 071 9650892

james@teamlifetraining.com

www.teamlifetraining.com