

EMOTIONAL INTELLIGENCE SERIES

Anger Management Skills Training

Learn how to understand your anger, control your reactions, and respond to difficult situations in a calm, confident, and healthy way.

"Control Your Emotions. Strengthen Your Mind. Improve Your Relationships."

Anger is a natural human emotion. Every person feels angry sometimes — and that is completely normal. But when anger is not managed well, it can damage your relationships, hurt your career, and affect your health. Have you ever said something in anger and regretted it later? If yes, this course is made for you.

The **Anger Management Skills Training** at GroomX Finishing Academy teaches you how to take control of your emotions before they take control of you. You will learn what triggers your anger, how your body and mind react to it, and most importantly — practical techniques to manage it in any situation.

This is not about suppressing your anger or pretending everything is fine. It is about expressing your feelings in a healthy, clear, and respectful way. You will build stronger self-awareness, better communication skills, and greater emotional intelligence.

Why Choose This Course

Control anger, not the other way around

Identify your personal triggers

Learn practical methods to pause, think, and respond calmly instead of reacting on impulse.

Discover exactly what situations, people, or words make you angry — and learn to handle them.

Improve communication and conflict resolution

Express your feelings clearly so conversations lead to solutions, not more arguments.

Build stronger relationships

When you manage anger well, relationships at home and work become healthier and more trusting.

Reduce stress and improve mental well-being

Unmanaged anger increases stress. This course gives you relaxation techniques and coping tools.

Real-life techniques you can use immediately

Every skill taught can be used the same day — at home, the office, or any challenging situation.

Module Outline

1 Understanding anger — types and myths

What exactly is anger? This module breaks down the different types of anger and clears up common myths. Anger itself is not the enemy; how we express it matters.

2 Self-awareness — triggers and emotional cues

You cannot manage what you do not understand. This module helps you identify your personal anger triggers and the early signs that anger is building up.

3 Energy control — understanding anger build-up

Anger does not appear all at once — it builds up in stages. You will learn the anger escalation cycle and how to interrupt it before it reaches a point of no control.

4 Managing reactions — healthy vs unhealthy responses

Recognize unhealthy anger responses like shouting or silence, and replace them with healthy, constructive ones that actually solve problems.

5 Gaining control — practical techniques

Learn the core toolkit for anger control — pause-and-breathe method, counting down, physical grounding, and mental reframing for any tense situation.

6 Relaxation techniques — stress release methods

Learn proven relaxation techniques including deep breathing, progressive muscle relaxation, and mindfulness exercises that reduce anger levels over time.

7 Triple A approach — Alter, Avoid, Accept

One of the most powerful tools in this program. Learn when to Alter a situation, when to Avoid it, and when to simply Accept it and let it go.

8 Communication skills — conflict resolution

Most arguments happen because of poor communication. Learn how to listen actively, speak clearly, and resolve conflicts without letting anger take over.

9 Smart expression — "I" statements and clarity

Learn the power of "I" statements — expressing how you feel without blaming others. This one skill alone transforms relationships.

10 Problem solving — identify and resolve issues

Anger often comes from unresolved problems. Learn a clear, step-by-step problem-solving approach to address the root cause, not just the emotion.

11 Action planning — implement solutions

Learn how to create a personal action plan for situations that regularly trigger you — so you always have a calm, prepared response ready.

12 Handling situations — dealing with difficult people

This module gives you specific strategies to handle difficult people — without losing your temper or your dignity.

13 De-escalation — when to step back

Learn the art of de-escalation — how to cool down yourself and others, and how to re-engage once everyone is calm.

14 Final review — integration and practice

Review all skills learned, practice them in real-life scenarios, and receive personalized feedback from your trainer.

What You Will Be Able To Do After This Course

✓ Stay calm in stressful situations

✓ Handle conflicts without shouting or shutting down

✓ Express feelings clearly and respectfully

✓ Recognize anger triggers before they escalate

✓ Improve relationships at home and at work

✓ Use relaxation techniques to reduce daily stress

✓ Deal confidently with difficult people

✓ Respond thoughtfully instead of reacting impulsively

ALSO AVAILABLE

Anger Management Skills for Children

A specially designed program to help children understand and express their emotions in healthy, age-appropriate ways

"Helping Children Understand, Express, and Manage Their Emotions Better."

Children feel big emotions — but they do not always have the words or skills to handle them. When a child gets angry, they may cry, shout, throw things, or hit. This is not because they are bad children. It is because they have not yet learned how to manage what they are feeling inside.

The **Anger Management Skills for Children** program at GroomX teaches kids in a fun, simple, and age-appropriate way how to understand their anger, recognize what triggers it, and learn healthy ways to express and calm it down. The result is a happier child who behaves better at home and at school.

Sometimes when a child gets angry, what they are actually feeling underneath is sadness, embarrassment, or fear. This program helps children explore those deeper feelings so they can deal with the real emotion — not just the anger on the surface.

Why Choose The Children's Program

Helps children understand their emotions

Children learn that anger is normal, but there are right and wrong ways to express it.

Reduces aggressive behavior

Through guided practice, children reduce tantrums, hitting, and emotional outbursts.

Builds confidence and self-awareness

When children understand their feelings, they feel more in control.

Encourages healthy expression

Children discover safe and positive ways to express big feelings.

Children's Module Outline

1 Understanding anger — what it is and why it happens

Children learn what anger actually is in simple words, and that it is okay to feel it, but important to handle it well.

2 Causes of anger — common triggers in children

This module helps children identify and talk about what specifically triggers their anger.

3 Body reactions — how anger affects the body

Children learn to notice physical signals — a fast heartbeat, a hot face, tight fists — to calm down before anger takes over.

4 Managing emotions — dealing with anger effectively

Simple, child-friendly techniques like counting to ten, taking deep breaths, or walking away to a calm space.

5 Healthy expression — safe ways to express feelings

Children learn that using words is always better than hitting, screaming, or breaking things.

6 5 key strategies — simple techniques for children

Five easy-to-remember anger management strategies taught with stories, games, and visual tools.

7 When anger turns aggressive — control and awareness

This module helps children understand the line between anger and aggression — and how to stop before crossing it.

8 Practice and guidance — understanding and applying techniques

Children put everything together through guided practice sessions with the trainer's support.



Who Is This Course For?

Working professionals

Anyone who faces stress or conflict at work and wants to respond with calm and control.

Parents and families

Parents who want to model healthy emotional behavior in their home.

Students and teenagers

Young people who want to handle peer pressure and stress better.

Frequently Asked Questions

Is this course only for people who get very angry?

Not at all. This course is for anyone who wants to improve how they handle emotions — at any level. The skills taught benefit everyone.

What age is the children's program suitable for?

The children's program is designed for kids roughly between 6 to 16 years old. Content and activities are adjusted based on age group.

Will this course be done in a group or one-on-one?

Both options are available depending on your preference and schedule. Contact us for current batch details.

How soon will I see results?

Many students notice a change in their reactions within the first few sessions. Long-lasting change happens with regular practice.

What Our Students Say

★★★★★

"I used to lose my temper very quickly at work. After this course, I can actually pause and think before I react. This is life-changing."

Arjun K.

Sales Manager, Bangalore

★★★★★

"I enrolled my 10-year-old son in the children's program. In just a few weeks, he stopped having tantrums and started saying 'I feel angry' instead of screaming."

Sunita R.

Parent, Bangalore

Take the first step towards emotional control

Join GroomX and learn to manage anger, build better relationships, and live a calmer life.

Call us: 9036111000 | Visit our office in Bangalore anytime