

The Beauty Of Anger

WHY PARTICIPATE IN THIS WORKSHOP ON ANGER?

Working and being together as human beings may lead to situations in which we see different solutions than others do. Even though we understand that co-operation is the best way to achieve things together, our difference in seeing things may lead us in a different direction and cause us frustration, resentment and anger. Giving up what you need or going it alone instead may not be very satisfactory and may cause inner stress. Over time this may build up and result in confrontation and arguments that deepen the feeling of loneliness and of being disconnected from others.

Understanding your feelings, respecting your needs and the feelings and needs of others is the way back to feeling connected, respected and being valued for who you are. Wouldn't you like others to understand what it is like to be in your shoes? Validation is a human need that is essential to our wellbeing. We thrive on being heard and seen and to be acknowledged for the good that we intend to do.

The way in which you communicate determines the quality of the relationships you create. Anger is an emotion that will be respected when you own it and are able to express the need that you have in a way that is authentic without demanding anything

or projecting on anyone. When connection and co-operation is on your agenda you will find others opening up to you.

WHAT IF YOUR ANGER IS ACTUALLY AN EXPRESSION OF UNMET NEEDS?

In this one-day training we'll consciously access our anger to find its source and find the good that is hiding under this very strong emotion. Anger often causes us shame and regret afterwards and may create resentment and fear in others. It even may break the very connection we so cherish in our lives. Instead of getting stuck between expressing it or not we want to explore another option in which we learn to identify the underlying need and express this in such a way that others can hear it and we'll actually feel good about ourselves for doing so. You will find that you'll be more authentic and in integrity with yourself and relationships will deepen.

WHAT IS THE TRAINING LIKE?

During this day we'll address the dos and don'ts of communication that will help you to express yourself more clearly. We'll also work on listening skills. This will make it easier for you to relate to others as they respond to you. We'll also tap into the emotional experience that you have of anger and the beliefs that you may hold that keep you from expressing yourself or cause you to express yourself in a particular way. Basically what we'll be aiming at is

to give you an understanding of the emotional and rational workings of anger and how this affects you. We are convinced that understanding anger better will give you the opportunity for the change you so desire. Adding skills will then help you to make the next step and give you more choice in how you want to behave. Some patience with yourself will help greatly to achieve your goal. During this day we'll talk about some of the theory that you need to understand, we'll do a little demo every time and then you get to practice in two's or little groups to get the feel of it yourself. Practicing the skills this day will make you feel more confident in applying what you have learned outside this workshop too. At the end of every topic we'll do an evaluation to share what we've learned and answer any questions.

COSTS

PRIVATE

€ 130,-* (1 day including coffee, tea, manual).

CORPORATE

€ 175,-* (1 day including coffee, tea, manual).

* This training is exempt from Dutch sales tax.

Prices in N-America as advertised on the web.

IN-COMPANY

Request a quote mail@govertvanginkel.nl

DATES AND LOCATION

Check the agenda on this site.

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