

ANGER MANAGEMENT WORKSHOP



Participants	18yrs upwards from all walks of life
Venue:	Gerrards Cross or High Wycombe
Duration:	3hrs
Course fee:	£30 per person

Anger is a natural emotion and one of our most powerful tools for our survival. It helps to protect us and set important boundaries. So it's not so much about 'managing' anger, but rather learning how to express it appropriately.

If anger plays a frequent role in your life, but you feel unable to express it, a number of mental and physical health symptoms such as anxiety, depression, low immune system and high blood pressure can be the result.

This workshop is an opportunity to learn how to express yourself more assertively without resorting to aggressiveness or passiveness.

To book a space on the next workshop visit Therapy Workshops at www.nicolcounselling.com and complete an application form. Alternatively, contact group facilitator Daniela Nicol at courses@nicolcounselling.com or 01494 646704.