



GHOST YOUR ANGER

6 Week Online Anger Management Series



This is an interactive online course, led by a Professional Certified Life Coach with 10+ years of experience teaching & practicing the techniques that will be shared in this series. Participants that attend all sessions and are open to trying the shared self-coaching methods, can expect to live a life with less anger, more joy and better relationships. For the best results, plan to attend all of the sessions from a location that will allow you to fully focus and talk freely. Listed below are details outlining each of the weekly sessions.

WEEK #1 - THE ANGER CYCLE

This is an introduction to the anger management series, informing attendees of what to expect and how to get the most out of the series. Participants are given the opportunity to introduce themselves, share how they hope to benefit from the course, and share what they already know about anger. They will then be provided with examples of how anger can show up as a secondary emotion, and also learn about the 6 phases of the anger cycle. Participants will be provided with a self coaching tool that can be used to help reduce the frequency of future anger incidents. In addition, they will receive an Anger Tracker which they will use for the duration of the series to monitor the frequency of anger incidents, so that progress is easily noticed. Homework includes use of the Anger Tracker and the Anger Mountain self coaching tool that helps identify where our actions fall into the anger cycle, and more appropriate actions that can be taken in the future.


WEEK #2 - IT'S ALL ABOUT YOU

This session will start with an ice breaker, a recap of week #1 and a homework check-in. Week two will focus on self-awareness and helping participants understand more about their personality type, including basic desires, fears, strengths, stressors and things that are most likely to anger them. Participants will complete an Anger Awareness Worksheet throughout the session, which will allow them to identify their triggers, warning signs, and learn more about their stress level of tolerance and how to manage it. They will also learn about different coping tools that can be used in the future, and share coping skills that have worked for them in the past.

Participants will have the opportunity to create an anger control planning tool that allows them to identify their most common triggers, warning signs & coping skills they will use to keep them calm. Homework includes use of the anger control plan, and continued use of the anger tracker.

WEEK #3 - THE GAME CHANGER

The session will start with a weekly check-in and a recap of everything covered in week two. There will be some group discussion about the homework of following the anger control planning tool, and any increased awareness participants may have had since the session on self-awareness. Participants will be introduced to the Self Coaching Model, a tool that helps individuals understand that they can control the actions they choose to take, and results that they get in life by the way they choose to think. Attendees will learn how to use the tool in a way that will help them get more of the results that they want when experiencing feelings of anger and frustration. Participants will be provided with a self coaching worksheet, and asked to complete one per day throughout the week as the homework assignment. They are also asked to continue to use the anger tracker to monitor the frequency of anger outbursts and to track progress.



WEEK #4 - THOUGHT LIFE

The session will start with a weekly check-in, allow participants to share their success, struggles, and what they notice about their anger tracker. There will also be a brief recap of week three, and a homework check in to see if/how participants have benefited from the use of the self-coaching tool. This week we will take a deeper dive into how our thoughts impact our actions, and how certain parts of our brain work causing us to think the way we do. Attendees will also learn how to use a few more thought management tools that can help them to better manage their response to feelings of anger. As part of the homework assignment participants will continue to use their anger tracking sheet. They will also practice the skill of thinking a replacement thought more often, and using one of the self coaching tools each day of the week.

WEEK #5 - CONFLICT RESOLUTION

After the weekly check-in and recap of week four, the group will review the homework. Attendees will have the opportunity to share their understanding as well as the actual definition of conflict resolution. They will also learn about the 5 steps to having a conversation that leads to conflict resolution. In addition, participants will also learn the skill of using "I Statements" and the power of taking responsibility and apologizing. Homework includes regular use of the anger tracker, and using at least 1 of the 3 techniques covered in this session.

WEEK #6 - NEW PERSPECTIVE

After the weekly check-in we will do a recap of weeks 1-5, and then do a review of the homework. The group will discuss the definition of perspective and will do activities that allow participants to look at various scenarios from different perspectives. Attendees will identify which perspective they'd like to move forward with, one that will help them get more of the results that they want in life, and one that will help them better manage how they respond when feeling anger.

All participants who attended 5 of the 6 Ghost Your Anger sessions will receive a certificate of completion for the course.



DeAnn Day, BGS

Professional Certified Life Coach

- Social Service Provider 20+ Years
 - Foster Care
 - Probation
 - Community Mental Health Center
- Therapeutic Crisis Intervention
- International Coaching Federation
 - Academic Life Coach
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