

## LEADING YOUR ANGER

*“The single most important skill in leadership is managing internal physiological & emotional states”*

This course is for anyone who finds himself challenged to stay cool headed in anxiety provoking situations. The ability to remain non-reactive when under stress is directly related to personal effectiveness, a sense of well-being and personal health. Individuals that display this ability have nearly a 33% increase in leadership performance.

As a result of the program, participants will:

- Identify the specific situations that invoke reactive behavior.
- Understand why those situations are challenging to deal with.
- Identify the thinking patterns, emotions and physical sensations that lead to escalating behavior.
- Learn skills and tools to enhance the ability to self regulate.
- Practice using tools and skills to enhance personal coping behavior.

<b>Start Date</b>	<b>Level 1:</b>	Monday nights, Start Dates: Jan 30, Mar 6, Sept 11, Oct 23
	<b>Time:</b>	6:30 – 8:30 PM
	<b>Place:</b>	Third Floor, 755 Queens Ave
	<b>Cost:</b>	\$250.00 per person (GST included)
	<b>Facilitator:</b>	Eliot Lowey, MA ABS (885-4426)

*Anger is a natural emotion that signals that a boundary has been crossed.  
“Do you use the energy that comes from anger destructively or constructively?”*

Call 216-1569 for more information or visit our website at [www.cascadiaclinic.com](http://www.cascadiaclinic.com)