

groomx finishing academy

PERSONALITY ENHANCEMENT TRAINING

Anger Management Course in Delhi

Learn to control anger, handle stress, and respond with confidence, not reaction.

3-Phase Program

Certified Trainers

500+ Students Trained

Course Brochure

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About the Course

Anger is a natural human emotion, but when left unmanaged it can create problems in both personal and professional life. This course is designed to help you understand the root cause of your anger and learn how to control it in a positive, effective way.

You will learn to identify your anger triggers, understand the emotional and physical signs of anger, and apply proven techniques such as relaxation, positive thinking, and communication strategies to manage your emotions better. By the end of this course, you will feel more confident, balanced, and in control of your reactions.

3

PHASES

5 Hrs

CONTENT

Live

INTERACTIVE

Yes

CERTIFICATE

Who Should Join

This course is suitable for students, working professionals, team leaders, and anyone who wants to improve their emotional control — especially those who face difficulty handling stress, dealing with conflicts, or controlling their reactions in challenging situations.

Career & Life Benefits



Stay calm under
pressure



Handle conflict
professionally



Build stronger
relationships



Support long-term
career growth

Course Structure

Phase 01 · Understanding and Controlling Anger

Learn the basic concepts of anger and how it affects your mind and body. Understand different types of anger, identify your personal triggers, and recognize emotional and physical signs early on.

TOPICS COVERED

- Introduction to Anger
- Types of Anger
- Anger Management Tips
- Identify your Anger
- Anger and Aggression — Physical and Emotional Cues
- Beyond Anger — Anger Action Plans
- Common myths about anger
- Do's and Don'ts
- Unhelpful ways of dealing with anger
- Helpful ways of dealing with anger
- Gaining Control
- Using coping thoughts
- Using relaxation techniques
- Blowing off some steam

Phase 02 · Handling Conflicts and Solving Problems

Learn how to manage anger during conflicts and challenging conversations — separating emotions from the actual problem and focusing on finding solutions instead of reacting emotionally.

TOPICS COVERED

- Separate the People from the Problem
- Objective vs. subjective language
- Identifying the problem
- Using "I" statements
- Constructive disagreement
- Negotiating tips
- Building consensus
- Identifying solutions
- Choosing a solution & making a plan
- Dealing with Angry People
- Understanding the energy curve

Phase 03 · Advanced Techniques & Emotional Control

Learn advanced strategies to handle anger maturely — including the Triple A Approach (Alter, Avoid, Accept) — and build long-term emotional control and a calm, balanced personality.

TOPICS COVERED

- The Triple A Approach
- Alter
- Avoid
- Accept
- De-escalation techniques
- When to back away, and what to do next
- Pulling it all together
- Putting it into action

Our Teaching Approach

Our teaching approach is practical and easy to understand. We focus on real-life situations, interactive sessions, and simple techniques you can apply immediately. Through activities, examples, and guided practice, you will learn how to manage your emotions effectively in daily life.

Frequently Asked Questions

Who can join this Anger Management course?

Anyone who wants better control over their emotions — students, working professionals, team leaders, or anyone who finds it hard to stay calm under stress or during conflicts. No prior experience is needed.

How is the course structured?

The course is organized into three progressive phases — understanding anger, handling conflicts, and advanced emotional control — each building on the last.

Is this course only for people with "anger problems"?

Not at all. Most participants join to build better emotional intelligence, communication skills, and composure for demanding jobs, leadership roles, and personal relationships.

What teaching methods are used?

Real-life situations, interactive sessions, and guided practice — including relaxation methods, coping strategies, and the Triple A approach (Alter, Avoid, Accept).

How do I enroll or get more information?

Enroll directly through our website or contact us using the details below. Our team will guide you through batch timings and fees.

Ready to Take Control of Your Emotions?

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