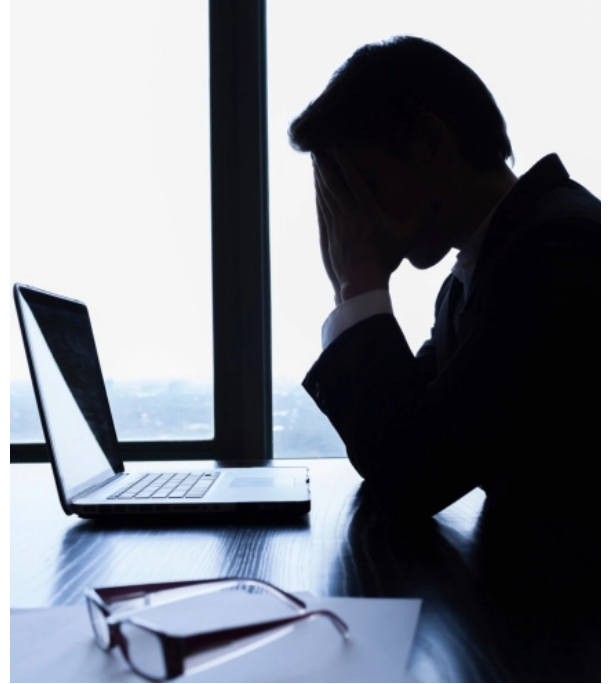


Taming the TEMPER



Anger is a universally prevalent emotional reaction but our reactions once expressed to the person are like nails tacked on the wood. They can be pulled out but will certainly leave scars. Anger impacts not only our relationships but also our own selves, be it our mind or our body.

Learning to constructively channelise this emotion is an essential skill today. Managing anger proactively helps create a workplace that is healthy, supportive, creative and conducive and this in turn impacts outcomes.

- The evolution of the TEMPER
- Reactions & outcomes
- Rearranging viewpoints
- Proactive temper taming tactics

Format: One Day (6hrs/day) Online/ Onsite

Participants: Not more than 35 persons

Requirements: If Onsite

The workshop would need to be conducted in a sufficiently large hall to ensure adequate space for all the activities.

- Laptop with sound and video projection
- White board
- Chart paper
- Writing materials

Cost: Rs. 40,000/- +18%G.S.T per day

Travel & stay extra at actuals

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