

OUR PROGRAM

Our 10-week program is designed to equip participants with tools to reduce anger and stress, providing alternatives to habitual negative reactions. The program is available for individuals, couples, families, court-referred, business professionals, and anyone who is ready for freedom from anger and has a desire for healthy communication.

Some of the tools we explore in the Tools4Anger program:

- Stress Management
- Empathy and Social Awareness
- Response instead of Reaction
- Appropriate Self-Talk
- Helpful Communication Styles
- Healthy Expectations
- Forgiveness

*“A fool gives full vent to his anger,
but a wise man keeps himself
under control.”*

Proverbs 29:11

*“Reckless words pierce like a sword,
but the tongue of the wise
brings healing.”*

Proverbs 12:18

“[Program director] Philippa Perkin is an excellent communicator and teacher who was able to engage a diverse group of students with warmth and dedication, and communicate the material clearly so that they could each take hold of it and apply it to their lives...”

Katie Fantin,
Executive Director,
New Creation Home Ministries, East Palo Alto



CERTIFIED
ANGER & STRESS MANAGEMENT
PROGRAM

Improved communication and freedom
from anger for individuals and groups

TOOLS
4 Anger

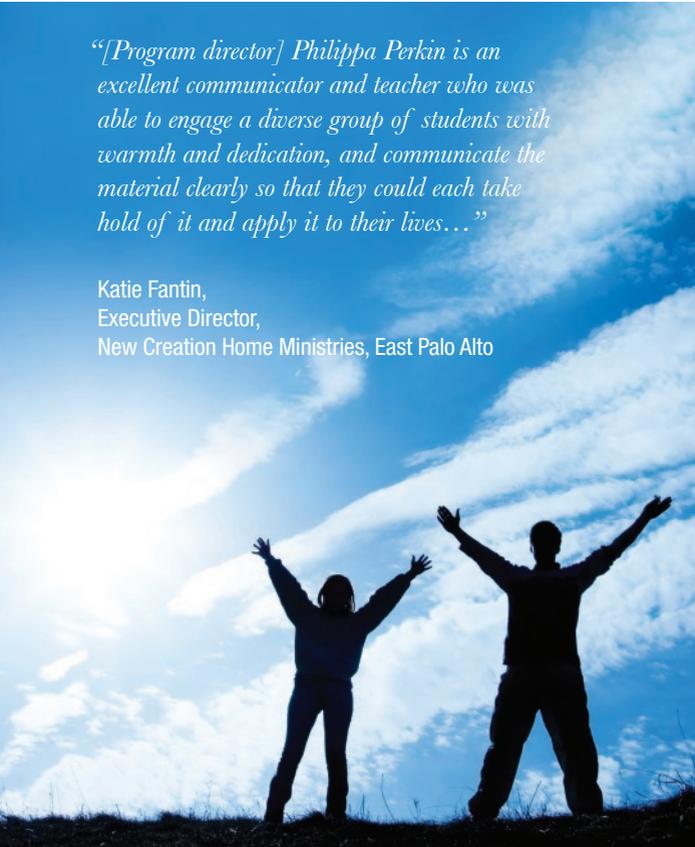
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FREEDOM IN COMMUNICATION

Our emotions have a significant effect on the way we communicate. It's easy to recognize when someone is happy, or sad, simply by the way they communicate with us. Anger also affects our communication patterns. Could it be affecting yours?

- *Do you use profanity or insulting speech?*
- *Are you often critical or generally pessimistic?*
- *Do you struggle with resentment?*
- *Do you store up frustrations?*
- *Do you have a 'short fuse' in conversation?*
- *Do you try to avoid confrontation?*
- *Are you defensive?*

UNDERSTAND ANGER FOR BETTER COMMUNICATION

When stressed or angry, our brains get 'flooded'. This flooding of emotions overwhelms our thinking and it can seem as though our brains have been hijacked by intense feelings. In this state it is easy to become anxious or depressed, or to react inappropriately, hurting relationships and eroding confidence.

WHAT WE PROVIDE

In a Tools4Anger program you will learn how emotions affect communication within relationships, and come away with new and practical techniques to reduce anger and stress. You will gain increased social awareness, confidence in dealing with difficult personality types, and the ability to be appropriately assertive. You will also learn to control your internal conversations, set personal limits and boundaries, clearly state personal needs, and set realistic expectations. At the completion of the program you will have a new understanding of yourself and those around you.

LEARN VALUABLE SKILLS:

- Understand personal limits and be clear about personal needs
- Honor and respect self and others in communication
- Dynamically adjust attitude and behavior and regulate emotions
- Understand physical responses to stress
- Build confidence to enhance communication with the people around you

WHAT TO EXPECT

The Tools4Anger program is a combination of upbeat group interaction, workbook exercises, and visual presentations, all designed to be engaging and enlightening. Participants receive a certificate upon completion of the program.

Our certified program brings freedom and relief to those struggling with anger or burdened by stress, and provides valuable skills for living and working, in personal and business environments.

Contact us today for more information, to ask about currently open programs, or to schedule one at your worksite.

CERTIFICATIONS

Approved by the California Board of Corrections (now called the "Standards Corrections Authority") for the training of field probation, parole, and correctional officers: Cert Number: 3530-031088



“Without an individualized plan for anger management, your emotions resemble the actions of a pin ball in an arcade, bouncing from one poorly conceived response to the next.”

Dr. Les Carter, The Anger Trap

