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~~Conflict – Use
It, Don't Defuse
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4 Magic Phrases

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you are able to

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maintain your
composure when
you feel like
your buttons are
being pushed.

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anger means not
saying or doing

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things you'll
later regret. It
means calming
yourself,
assessing
situations with
a cool head, and
taking sensible
actions. It
basically
involves
making...

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to turn their
anger around to
interact
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While anger is
an emotion that
can be sparked

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by many factors,
conflict
generally occurs
between people
as a result of a
disagreement or
argument. Like
anger, conflict
can be
constructive
when...

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& Conflict*

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A typical anger
management

programme may
involve 1-to-1
counselling and
working in a
small group. A
programme may be
a 1-day or
weekend course,
or over a couple
of months. The

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Management of the
programme
depends on who
provides it, but
most programmes
include
cognitive
behavioural
therapy (CBT),
as well as
counselling.

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that your anger
is really out of
control, if it
explodes into a
rage or it is
harming your
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simple,
practical and
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management
skills that you
can utilise in
the workplace
and in your
personal life.

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Employees often
experience
anger,
frustration and
conflict which
if not resolved
and managed can
lead to
increased stress
and decreased
productivity.

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Anger & Conflict Management

A protracted burst of anger is best described as rage. Being in a rage tends to give the protagonist a feeling of power. The person at the receiving end is

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often frightened
and browbeaten
into giving in.
But getting what
you want through
an angry tantrum
undermines your
relationships in
the longer term.

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Employees often
experience
anger,

frustration and
conflict which
if not resolved
and managed can
lead to
increased stress
and decreased
productivity.

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conflict program

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is a practical
program that
will help
employees deal
with anger and
conflict in a
positive,
energising
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Conflict
Dynamics Profile
(CDP) active
destructive
responses is
Displaying Anger
which involves

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acting out the
inner emotion.
Angry displays
can include
raising one's
voice, swearing,
and physical
displays like
slamming your
hand on a table.
Suppressed anger
can also leak
out as demeaning
or retaliatory

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