



## About Anger & Stress Management Providers

Anger & Stress Management Providers Inc. is a widely recognized provider of Anger and Stress Management Programs throughout North America.

There has been a dramatic increase in the need for resources to manage stress and anger. At Anger & Stress Management Providers Inc., we have dedicated ourselves to taking an active role in our community to increase the awareness of anger and stress management

Anger & Stress Management Providers Inc. delivers curriculums for both adolescents and adults which are currently being used in various schools, after school programs, mental health programs, colleges, universities, prisons, employee assistance programs, and organizational training for businesses and corporations.

Whether in your daily life or at work, being able to manage your anger and stress is critical to personal and professional success.

# ANGER & STRESS MANAGEMENT PROVIDERS INC.

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SPECIALIZING IN ANGER  
AND STRESS  
MANAGEMENT



## Adult and Adolescent Anger Management

The Adult and Adolescent Anger Management classes provide education and skills for those who need to learn how to deal with their anger in a positive, functional way.

Adult and Adolescent Anger Management classes focus on:

- The role of individual responsibility in changing unacceptable behavior.
- Develop a working understanding of anger/stress patterns and responses.
- Identify “situational anger” that consistently results in angry responses and can lead to aggressive behavior.
- Eliminate or minimize person directed aggression.
- Develop communication skills and listening techniques to enhance interpersonal relationships.

## Organization Anger Management

Ensure that workplace anger does not become a problem in your organization and prevent anger and workplace conflict from influencing your employee’s productivity

The benefits of Organization Anger and Stress Management training are:

- Reduced Absenteeism
- Lower rates of workplace conflict
- Reduced employee health problems and sick day usage.
- Improved morale and increased productivity.

## Executive Coaching

Our Executive Coaching program is geared toward those clients who would prefer or need a private setting for their program. Such individuals may include but are not limited to:

- High Profile Public Individuals
- Physicians
- Law Enforcement
- High Level Executive Personnel

The Executive Coaching Program consists of:

- Confidential assessment which determines current levels of functioning.
- Individualized plan of action.
- Exercises focusing on enhancing emotional intelligence
- Behavior logging tools
- Behavioral strategies for recognizing and managing anger and stress.
- Post-assessment at program termination designed to determine the level of change during the program.



**Tim Lazaroff Ph.D. C.A.M.F.**

Dr. Tim Lazaroff has been involved in all areas of Human Performance Technologies for over 20 years. He holds a doctorate degree in Educational Technology and is a Certified Anger Management Facilitator.

He has provided expertise to individuals, groups and a wide variety of organizations from large multi-national corporations to non-profit organizations.

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