





## 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.



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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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