

A Ready-made Anger Management System

Everything you need to run a successful intervention:

- trainer workbook
- participant workbook
- session plans
- templates
- activities
- facilitator notes

A complete programme proven to:

- reduce exclusions
- decrease disruption
- increase engagement

Strategies to help teachers manage anger outbursts

Charlie Warshawski



Charlie is an inclusion and coaching specialist, with extensive mentoring experience in challenging schools. He has developed a number of initiatives to support students with significant barriers to learning. Helping teaching staff deliver effective, dynamic and innovative material is at the heart of Charlie's activities.

"42% of school exclusions can be directly attributed to anger or allied issues"

– Department for Education

Unpick the latest research into anger reduction

- Translate best practice from the mental health and well-being sectors
- Discover new research relating to the "anger-assault cycle"

Step-by-step guide to creating an anger-free environment

- Identify students
- Encourage participation
- Help students the moment anger becomes challenging
- Support colleagues to deal with anger within the classroom
- Utilise tools and techniques for intensive interventions
- Evaluate, monitor and assess pupils and the programme

Materials and tools to run your own anger management sessions

- Practical demonstration for delivering the facilitative course:
 - Understanding my anger and its causes
 - Self-assessment and profiling
 - The impact of anger: on me and my environment
 - Tools and techniques to manage anger
 - Turning anger into a positive benefit

To run this course in your school, call 01790 755783



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