

Anger Management Training Programme

GroomX Finishing Academy

Anger is a natural emotional response that arises when we face an obstruction in reaching our goals, feel disrespected, or experience a sense of injustice. Almost everyone encounters situations every single day that can trigger frustration — a delayed project, a disagreement with a colleague, unmet expectations, or simply the pressures of daily life. What many people don't realize is that anger is not just a passing emotion; it is an intense emotional state that, left unmanaged, can shape how others perceive us.

Anger has the unique ability to portray a person with an otherwise well-defined, capable personality as someone with an ill-defined or unpredictable one. A single outburst in a boardroom, a curt email sent in frustration, or a raised voice in front of a client can undo years of carefully built professional credibility. The good news is that anger can be understood, regulated, and channeled constructively — it doesn't need to be suppressed or ignored, it needs to be managed with awareness and skill.

Why Anger Management Matters

- Damages professional relationships and team dynamics
- Affects leadership credibility and decision-making
- Creates a toxic or fearful work environment
- Strains personal relationships with family and friends
- Impacts mental and physical health through chronic stress

How GroomX Helps You Overcome and Manage Your Anger

At GroomX Finishing Academy, we believe anger management isn't about suppressing emotions — it's about transformation. We work with you to gradually, and at your own pace, shift your communication and behavioral style — from Aggressive to Assertive, or from Passive-Aggressive to Assertive. We take genuine efforts in understanding your personality, your feelings, and your emotional triggers before designing a path forward. Our methods are constructive, pleasant, and rooted in real behavioral science.

What You'll Learn

Understanding Your Anger Triggers

Identify the situations, thoughts, and patterns that trigger your anger, so you can recognize early warning signs.

The Science of Emotional Regulation

Learn how the brain processes anger and stress, with practical, science-backed regulation techniques.

Assertive Communication Skills

Discover the difference between aggressive, passive, passive-aggressive, and assertive communication.

Cognitive Reframing Techniques

Reframe frustrating situations and challenge automatic thoughts that fuel anger.

Building Emotional Intelligence

Develop greater self-awareness, empathy, and social skills.

Practical Anger Management Tools

Simple, effective de-escalation, breathing, and pause-and-respond strategies.

Who Should Enroll

- Working professionals who want to manage workplace stress and conflict better
- Managers and leaders who want to build a calmer, more respectful team culture
- Individuals experiencing frequent conflict in personal relationships
- Anyone who identifies as short-tempered, easily frustrated, or emotionally reactive
- Individuals working on personal development and self-improvement
- Parents wanting to model healthier emotional responses for their children

Our Training Format

One-on-One	Group Workshop	Corporate
Personalized coaching sessions combining theory, role-play, and guided reflection.	Interactive group workshops with collaboration, discussion, and peer learning.	Customized training programs to improve workplace communication and conflict resolution.

The GroomX Difference

- **Constructive** — focused on building you up, not pointing out flaws
- **Pleasant** — a safe, non-judgmental space to explore your emotions
- **Practical** — tools you can use from day one, not just theory
- **Personalized** — tailored to your unique triggers and personality
- **Sustainable** — focused on lasting change, not quick fixes

Frequently Asked Questions

Is this programme only for people with “anger issues”?

Not at all. Many participants simply want to build stronger emotional intelligence and communication skills.

Will this training help in my professional life specifically?

Yes. Emotional regulation and assertive communication are core leadership skills, which is why many corporate clients enroll their teams.

How long does the programme take to show results?

Since we work at your own pace, the timeline varies by individual. Most notice a meaningful shift within the first few sessions.

Is the training confidential?

Absolutely. All personal coaching sessions are conducted in a completely confidential and respectful environment.

Take the First Step Toward a Calmer, More Confident You

Get in touch with GroomX Finishing Academy today to learn more about our Anger Management Training Programme and take the first step toward becoming the emotionally intelligent, well-defined personality you're capable of being.