

Strength-Based Skills for Managing Anger

Employee Assistance Program

Program Overview

This brief four-session program uses a solution-focused, strengths-based approach to anger management. Rather than focusing only on anger itself, participants explore what already works in managing difficult emotions and build practical strategies for responding in healthier ways. Through guided discussion, reflection, and skill-building activities, participants gain tools to recognize early warning signs, pause before reacting, and respond more constructively in challenging situations.

Program Focus Areas

Throughout the program, participants can expect to:

- Reflect on personal patterns, strengths, and goals related to anger and emotional responses
- Increase awareness of triggers, stress responses, and early warning signs of escalating anger
- Learn practical strategies to pause, regulate emotions, and respond more thoughtfully
- Strengthen coping skills that support healthier communication and decision-making
- Apply new approaches to real-life situations and relationships
- Build sustainable habits that support long-term emotional regulation

Program Takeaways

By the end of the program, you will have:

- A clearer understanding of their anger triggers, patterns, and personal strengths
- Practical, repeatable tools to manage anger and respond more constructively
- Increased confidence in handling difficult situations and strong emotions
- A personalized approach to support long-term emotional regulation and healthier responses

