



Anger Management

SEHG-PD-2587 · Business · approx. 10 min seat time · English · 100% online, self-paced

Accreditation & industry alignments: none verified on record — institutional accreditor mapping pending

COURSE DESCRIPTION

Welcome to the Anger Management course. Simply put, anger management is the process of controlling anger, before this anger controls you. Anger can be an incredibly damaging force, costing people their jobs, personal relationships, and even their lives when it gets out of hand. However, since everyone experiences anger, it is important to have constructive approaches to manage it effectively. This course will help teach participants healthy ways to express their anger, identify anger triggers, as well as techniques to de-escalate an angry individual. It is not always possible to eliminate the things that enrage you. What is possible however, is learning how to gain control and manage your anger effectively.

WHO THIS COURSE IS FOR

Working professionals, team leads, and career-changers who want practical, job-ready Business skills — no prior coursework required. Teams and organizations can enroll groups for consistent, measurable upskilling.

SKILLS & LEARNING OUTCOMES

Upon completion, the student will be able to:

- Understand anger dynamics in terms of the anger cycle and the fight or flight theory
- Know common anger myths and their factual refutations
- Know the helpful and unhelpful ways of dealing with anger
- Know techniques in controlling anger, particular reading anger warning signs, using coping thoughts, exercising relaxation techniques and blowing off steam
- Understand the difference between objective and subjective language
- Know tips in identifying the problem

WHAT'S INCLUDED

- 1 clock hour(s) of self-paced online learning
- 13 course modules
- 10 instructional videos — 10 minutes of total video runtime
- This syllabus (PDF), downloadable for reference
- Official SEHG Certificate of Completion upon finishing the course
- Language editions: English

Delivered 100% online and self-paced in the SEHG learning platform. This section lists the materials currently delivered for this course.

MODULE MAP

- **Module 1 — Introduction**
 - Course Objectives
- **Module 2 — Understanding Anger**
 - The Cycle of Anger

- Is Anger Good or Bad?
- Fight or Flight
- Common Myths About Anger
- Sources of Anger
- **Module 3 — The Styles of Anger**
 - Aggressive
 - Passive
 - Passive-Aggressive
 - Projective-Aggressive
 - Assertive
- **Module 4 — Gaining Control**
 - Recognizing Anger
 - Using Coping Thoughts
 - Using Relaxation Techniques
 - Blowing Off Some Steam
 - The Triple A Approach
- **Module 5 — Separate the People from the Problem**
 - Objective vs. Subjective Language
 - Identifying the Problem
 - Using "I" Messages
 - How Anger Affects Perception
 - Consider Emotions
- **Module 6 — Working on the Problem**
 - Using Constructive Disagreement
 - Negotiation Tips
 - Building Consensus
 - Identifying Solutions
 - The Power of Apologies
- **Module 7 — Solving the Problem**
 - Choosing a Solution
 - Making a Plan
 - Getting it Done
 - Ineffective Problem Solving
 - Effective Problem Solving
- **Module 8 — A Personal Plan**
 - Understanding Hot Buttons
 - Identifying Your Hot Buttons
 - A Personal Anger Log
 - Acknowledging the Anger Problem
 - The Power of Self-Talk
- **Module 9 — Communicating Your Anger**
 - Using Emotional Intelligence
 - Cognitive Restructuring
 - Responding vs. Reacting
 - Write it Out
 - Find the Humor
- **Module 10 — Dealing With Angry People**
 - Understanding the Energy Curve
 - De-escalation Techniques
 - Calming Anger With EAR
 - Avoid Responding With Anger
 - When to Back Away and What to Do Next

- **Module 11 — Pulling It All Together**

- Process Overview
- Find Your Motivation
- One Change at a Time
- Choose an Accountability Partner
- Seek a Mental Health Professional

- **Module 12 — Assessment**

- **Module 13 — wrapping up**

- Course Summary

COMPLETION & CERTIFICATION

Completion-based: a certificate of completion is issued after all course videos have been viewed.
The certificate of completion is non-credit. This course does not currently carry academic credit or CEUs.

OFFICIAL SEHG CERTIFICATE

Graduates receive the official Synergy University Education Certificate of Completion — issued by the Office of the Registrar with a unique credential ID, shareable to LinkedIn and verifiable online.

Every certificate carries a unique credential ID — verify at:

SynergyEducation.AI/verify

SUPPORT, ACCESS & POLICIES

- Support: CEO@SynergyEducation.AI
- Accessibility: ADA/WCAG 2.1 AA-first delivery; accommodations available on request.
- Academic integrity and refund policies: per SEHG student handbook.

Enroll Today

Tuition per learner (Essentials tier) — enroll online with the course code below.

\$49 · SEHG-PD-2587 · SynergyEducation.AI

Also available: instructor-led workshop kits for teams — in-person training agendas, playbooks, and facilitator materials built on this course. Contact CEO@SynergyEducation.AI.