



For individuals, couples
and the workplace

The Surprising Gift of Anger

For most of us it is hard to imagine Anger as our greatest gift. We have been conditioned to believe that anger is wrong and has little value – and that it is a scary place to be. But **our anger reveals what is most important to us** and supports us to access our natural vitality that otherwise can bring us to tiredness, depression, withdrawal, and a general futility about life.

In this safe and non judgemental environment we will understand how to use anger and reconnect with the passion in our life! We will learn about its cause, what it is bringing to our attention, how to “uncensor” our lives and be real with those we love, and how to deal with others in anger and learn what is really important to them.

This programme includes working with the Compassionate Communication model (Nonviolent Communication - NVC) and incorporates some NVC skills. It is beneficial for all levels of experience.

OBJECTIVES

You will gain knowledge and skills to

1. Transform suppressed anger to discover the hidden message in it.
2. Discover what is most important in your life that you are currently ignoring.
3. To be real (not “nice”) with your partner and those most close to you, in a way that is caring and respectful.
4. To hear the others when they are angry and receive them compassionately and with self care.
5. To identify what is “ramping up” your stress levels and plan strategies for alternate actions.

CONTENT

- ▶ The nature of anger – what is its purpose and how does it serve us?
- ▶ Transforming anger when it arises to enhance life
- ▶ Our personal anger points – revealing the hidden message in our anger
- ▶ Expressing anger – honestly expressing our self without blame, criticism and violence.
- ▶ Being Real, not Nice... communicating honestly with those closest to us.
- ▶ Hearing others anger with compassion, honesty and self care.

This course will give you new awareness and empowering ways to handle anger, and bring more vitality, healthy power and compassion to your life.

TARGET AUDIENCE

This training is for anyone who would like to have more awareness and choice when they are angry and also if you shut down when someone else is angry. It is also for everyone who would like to have more passion for life!

ABOUT THE FACILITATOR

Shari Macree, director of The Making Peace Group, is an internationally accredited trainer with the Centre for Nonviolent Communication. She has a background as a business consultant and educator. Shari offers a range of programmes for business, government, schools, individuals and families.



2-day workshop

SYDNEY

26-27 September

Glebe | 10-5pm

MELBOURNE

18-19 November

Collingwood | 10-5pm

\$395 inc gst.

Early bird \$325 by

11 Sep Syd | 4 Nov Melb

'You and a friend' offer:

for each full registration you are welcome to book one friend at half price.

For more information

Call Shari ~ 0412 233 955

Book online at

www.fullyalive.com.au

or fill out and mail the attached booking form.

The Surprising Gift of Anger - workshop booking form

FOR ONLINE BOOKING please visit www.fullyalive.com.au

Name Email

Address

Phone(H) Phone(W) Mobile

Name and Date of workshop **The Surprising Gift of Anger** Sydney 26-27 September 2009

Melbourne 18-19 November 2009

People attending

Payment by: Cheque Visa Mastercard Bankcard (please circle one)

Name on card Amount \$

Card number Expiry/..... CVV number

Please make cheques payable to **The Making Peace Group Pty Ltd** [ABN 69 101 834 431]

Please return your form to

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