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productively with associates and family.

A protracted burst of anger is best described as rage. Being in a rage tends to give the protagonist a feeling of power. The person at the receiving end is often frightened and browbeaten into giving in. But getting what you want through an angry tantrum undermines your relationships in the longer term.

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Anger & Conflict Management Employees often experience anger, frustration and conflict which if not resolved and managed can lead to increased stress and decreased productivity. The anger and conflict program is a practical program that will help employees deal with anger and conflict in a positive, energising manner.

4 Conflict Resolution Skills to Manage Anger

Here are our best tips for managing conflict, tension and anger. After all, to be a safe and predictable person for those around you at work and at home, it is essential that you are able to maintain your composure when you feel like your buttons are being pushed.

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Anger and Conflict Management: Personal Handbook | Gerry ...

If you think that your anger is really out of control, if it explodes into a rage or it is harming your personal and professional life, you should consider taking this online Anger Management and Conflict Resolution Course to learn how to handle it better.

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