

# ~ Anger Management Institute ~

*Employer, School, Corporation Anger Management Services, Consultation, Seminars, Classes*

We offer professional services for schools, employers and corporations seeking anger management training, programs for individual employees, managers or executives needing to learn anger control: enhanced communication, empathy, conflict resolution and relationship/team building skills.

Are you looking for individual Anger Management Services for an employee or manager in your organization? Maybe you are dealing with staff at your office or work having difficulties managing anger and conflict with co-workers or employees. Supervisors, teachers, managers and executives often need to improve the way they handle anger, stress and conflict at work. We offer personalized and group training and self-study courses as described below. We offer a positive approach to managing anger and conflict geared towards enhancement of relationships and the work environment.

## ***1. What services do we offer?***

Personal anger management evaluations and coaching sessions with one of our anger management counselors/professionals. Anger management coaching assesses issues and needs and incorporates Emotional Intelligence areas of development: Self-awareness, Self-management and motivation, Social Awareness and Relationship management.

Order the Anger Management Coaching Assessment/session or begin one month of these services here: Anger Management Coaching. These services are offered in our offices - Oak Brook or Cary, Illinois or by phone. The coaching includes an assessment and individualized training in identifying and preventing anger triggers, learning anger and stress management skills, replacing inappropriate and unacceptable (rudeness, hostility, yelling, outbursts, put-downs, insults, etc.) behavior with assertiveness, problem-solving, conflict management and empathy skills.

### *What are the benefits of Anger Management coaching?*

When individuals engage in an Anger Management Coaching relationship – they can anticipate experiencing and developing the following:

- ... fresh perspectives about anger management/control and it's opportunities,
- ... enhanced thinking and decision making skills for achievement of goals,
- ... improved interpersonal effectiveness and emotional intelligence skills,
- ... increased understanding and confidence about life, roles and relationships!

Anger Management coaching seeks to produce results, new life-skills, self-confidence and positive ways of perceiving the world and developing relationships at work, in the community and at home.

***2. Individual Distance-learning and Online Anger Management Courses:*** You can register your employees and managers to take a distance-learning course from our Institute such as the 12 week anger management program which includes online and home-study curriculum, dvd, quizzes, exam, one phone training session, recommendations and certificate of completion. If the client needs further phone or office training or sessions - the cost is an additional \$120.00/hour.

**3. Consulting, Classes, Workshops, Presentations:** If your business or corporation is located in the Chicagoland area - we offer consulting, classes, workshops or seminars on site or at our offices (Oak Brook or Cary, IL). Services cover:

- Consultations with management about difficult situations
- How to deal with disruptive employees
- Anger and Conflict management workshops and seminars for management teams or as an in-service for all employees. We require a minimum number of 7-12 participants for classes.

**4. Anger Management Evaluation/assessment:** This service can be ordered for your employee, manager or executive. We are providers of official anger management evaluations and recommendations. A phone or office evaluation will be scheduled once the fee is paid.

**5. Mediation services for** staff conflicts or staff/management issues are now offered! Mediation is a procedure in which the parties discuss their disputes with the assistance of a trained impartial third person(s) who assists them in reaching a settlement. Our director, Steve Yeschek, is experienced in conflict resolution and mediation having worked with leaders, families and couples for over 35 years. Mediation is offered to companies, managers, organizations, couples and families. Contact Steve at: 815-451-8040.

You and your staff and organization can find help to deal with difficult issues and people through the Anger Management Institute's services.

Presenters/Providers: Lynette Hoy, NCC, LCPC, CAMS-V, or Steve Yeschek, LCSW, CAMS-IV each has been credentialed as Certified Anger Management Specialists, Diplomates, Supervisors and Consultants with the National Anger Management Association.

For all services contact: Lynette J. Hoy, NCC, LCPC, CAMS-V (Certified Anger Management Specialist-V) at: [lynettehoy@gmail.com](mailto:lynettehoy@gmail.com) or 708.341.5438.

All Anger Management Coaching, Services, concepts, models and principles—are based on the Anger Management Institute books and workbooks- What's Good About Anger - which include teaching from the behavioral sciences, spiritual traditions, emotional intelligence and anger management research.

**Main office location:**

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[www.whatsgoodaboutanger.com](http://www.whatsgoodaboutanger.com)