



real consulting

PRESENTS

TAMING THE RED BULL

EMOTIONAL (ANGER) MANAGEMENT

PERSONALIZED COURSE FOR INDIVIDUALS, COUPLES, AND FAMILIES

(INDIVIDUAL/PERSONAL SETTING - NOT GROUP)

Are you frustrated with your spouse, children, in-laws or employer? Is someone telling you that you seem angry all the time? Are your friends or extended family experiencing difficulties in their relationship with you? Anger has a way of controlling our thoughts and actions, often in ways we do not expect. If you are looking for a way to change this, **TAMING THE RED BULL** could be what you are looking for. Come on your own or do the sessions with your spouse, or bring the whole family! This personalized individual course (not group) creatively addresses the spectrum of intense emotions including: jealousy, frustration, disappointment, and anger. Deeper insight is developed through exploring practical and emotional strategies to address challenges in relationships and how to renew and manage positive relationships effectively. Course explores:

- **Anger- What is it? Where does it come from?**
- **Understanding, Exploring & Developing Strategies**
- **New Ways of Communicating**
- **Change is Not Magical**

Time: **Option 1:** Complete 8 hour course. **Option 2:** Pick and choose.

All sessions will be tailored to specifically address your individual needs.

Dates: By negotiation – book to suit your own schedule, 1 or 2 hour sessions.

Please contact the office to inquire about cost.

Location: *real consulting* office (owned and operated in High River since 2002).

Facilitator: **Kim Muscroft-McDonnel**, B.A. Com. Ed., R.F.M., C.C.P., Family and Divorce Specialty
Some reading and journaling will be expected to successfully complete the course.



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Family & Business Counselling, Coaching, & Mediation Services

Kim Muscroft-McDonnel B.A. Com. Ed., R.F.M., C.C.P., Family and Divorce Specialty

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