



## INSET: UNDERSTANDING THE YOUNG BRAIN IN RELATION TO ANGER AND COMMUNICATION TO ACHIEVE BETTER OUTCOMES

### Available Formats and Pricing

Twilight Introduction  
Half Day Development  
Full Day Comprehensive

Available Online or Face to Face  
\*Priced per head with Group discounts available

### Course Introduction

The course will look at what anger really is, and how it develops from poor developmental life experiences. It will review the hormonal and brain relationship in terms of the Triune Brain, linked to adrenaline and cortisol. A typical assault cycle will be identified, and appropriate proactive and retrospective strategies identified.

A toolkit will be created that encompasses the traditional and contemporary strategies centred around Cognitive Behaviour Therapy, Solutions Focused Therapy, Neuro Linguistic Programming, Positive Psychology, Mindfulness and CALM training.

### Course Outcomes

By the end of the INSET, delegates will have:

- A greater understanding of the root causes of anger
- A clear understanding of the relationship between the brain and key influencer hormones
- Identified simple and effective proactive and retrospective anger management tips
- Reviewed a range of key strategies that control and eliminate anger
- Practised various anger management scenarios (optional)

### Trainer Profile

Ross McWilliam has been engaging educating and empowering people for the past 30 years. He has worked in over 1500 schools, colleges and universities developing the mindset of pupils, teachers and senior leaders.

He has written for various journals such as Times Educational Supplement, SecEd, Head Teacher Update, Meetings & Incentive Travel and Lancashire Business View. Ross is a published children's author, more information can be found at: [www.cuppajourney.com](http://www.cuppajourney.com)

"Our staff found your anger management course hugely beneficial. The resources that you've sent will also be a huge help as we try to embed the strategies that you outlined."

**Emma Rainford, Deputy Head Teacher, Parrs Wood High School, Manchester**



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