

**NOT  
SURE?**

electrogroup Q&A

# Anger Management

and Emotional Intelligence





**Watch & learn**

# What is it?

Uncontrollable rage

Irrational behaviour

Lack of Emotional control

Hurting others

Hurting yourself

# Deal with it!



**Understand it,  
manage it!**



**Address it!**



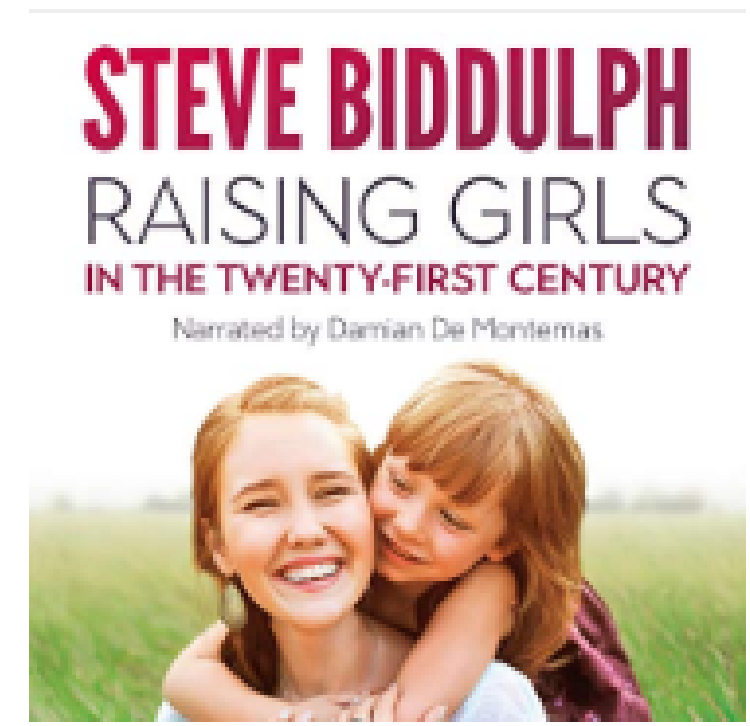
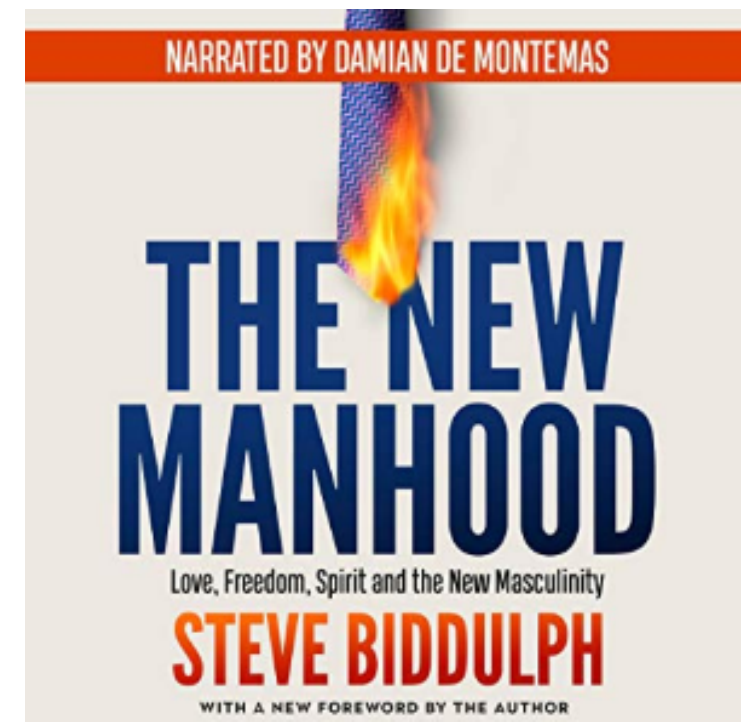
**Are you *Ballsy* enough?**

# Read about it!

**healthdirect**  
 Anger Management

**Converge**  
 international  
 Test & Tips

# Listen to it!



# Watch it!



# Need Assistance?

Your Field Officer