

~ **Anger Management Institute**~
Coach Certificate Training Program

by Lynette J. Hoy, NCC, LCPC & Steve Yeschek, LCSW

*COACHS - Creating Opportunities, Approaches and Changes for Highest Success
Forward-looking; Success-oriented; Life-transforming*

FAQs:

So what is Anger Management Coaching? a professional partnership between a qualified coach and an individual that supports the achievement of extraordinary results, based on anger management goals set by the individual or team. Through the process of Anger Management coaching, individuals focus on the skills and actions needed to successfully produce their highest and best results. *The goals in anger management coaching are focused on research-based techniques and emotional intelligence development.*

The individual or couple chooses the focus based on his/her anger issues and goals, while the Anger Management coach listens and contributes observations and questions, concepts and principles which assist in generating possibilities and identifying actions. Through the Anger Management coaching process clarity is identified which supports the most effective actions to achieve the goals. Anger Management Coaching accelerates the individual's progress by providing *greater focus and awareness of possibilities, opportunities, approaches and changes* regarding choices in the area of anger management and emotional intelligence. Anger Management Coaching concentrates on where individuals are now and what they are willing to do to get where they want to be in the future.

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www.whatsgoodaboutanger.com/angercoaching.pdf

What are the benefits of Anger Management coaching?

Individuals who engage in a coaching relationship can expect to experience fresh perspectives on Anger Management – it's challenges and opportunities, enhanced thinking and decision making skills, enhanced interpersonal effectiveness, and increased confidence in 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.

Assessments—The What's Good About Anger Institute provides **Anger Management assessments, progress reports and surveys** to support the coaching process, depending upon the needs and circumstances of the individual. These assessments provide objective information which can enhance the individual's self-awareness as well as awareness of others and their circumstances, provide guidelines for creating Anger Management goals and strategies, and offer a method for evaluation through weekly progress reports.

Anger Management Concepts, models and principles—are based on the What's Good About Anger Institute books and workbooks which include teaching from the behavioral sciences, spiritual traditions and anger management research. These concepts and principles may be incorporated into the coaching conversation in order to increase the individual's self-awareness and awareness of others, foster shifts in perspective, promote fresh insights, provide new frameworks for looking at opportunities and challenges, and energize and inspire the individual's forward actions.

Anger Management Coaching incorporates a positive approach. This approach is grounded in what's right, what's working, what's wanted, and what's needed to achieve the goal of transforming anger into a positive force for change. Using this approach, the coach models constructive communication skills and methods the individual or couple can utilize to enhance personal communication effectiveness. This approach incorporates discovery-based inquiry, proactive (as opposed to reactive) ways of managing personal opportunities and challenges, constructive framing of observations and feedback in order to elicit the most positive responses from others, and envisioning success as contrasted with focusing on problems. This approach employs possibility thinking and goal-oriented action to transform anger into a positive force for change.

How is anger management coaching distinct from other service professions and professional coaching?

Anger management coaching is a distinct service which focuses on an individual's life as it relates to anger management and emotional intelligence goal setting, outcome creation and personal change management. The What's Good About Anger 40-hour Trainer's program does not certify it's trainers as professional coaches.

Therapy. "Coaching can be distinguished from therapy in a number of ways. First, coaching is a profession that supports personal and professional growth and development based on individual-initiated change in pursuit of specific actionable outcomes. These outcomes are linked to personal or professional success. Coaching is forward moving and future focused. Therapy, on the other hand, deals with healing pain, dysfunction and conflict within an individual or a relationship between two or more individuals. The focus is often on resolving difficulties arising from the past which hamper an individual's emotional functioning in the present, improving overall psychological functioning, and dealing with present life and work circumstances in more emotionally healthy ways. Therapy outcomes often include improved emotional/feeling states. While positive feelings/emotions may be a natural outcome of coaching, the primary focus is on creating actionable strategies for achieving specific goals in one's work or personal life. The emphasis in a coaching relationship is on action, accountability and follow through."*

* by Jan Austin, MCC, Val Williams, MCC, Nora Klaver, MCC and Ariane Cherbuliez, PCC

What is Anger Management Coaching?

Anger management coaching assesses the issues and needs of individuals and incorporates Emotional Intelligence areas of development: Self-awareness, Self-management and motivation, Social Awareness and Relationship management.

- Anger Management coaching concentrates on where individuals are now and what they are willing to do to get where they want to be in the future in regards to managing and transforming anger. This includes an thorough assessment.
- Anger Management coaching typically assesses the individual's current opportunities and challenges, defines the scope of the relationship, identifies priorities for action, and establishes specific desired outcomes relating to anger and conflict management. This aspect leads to greater self-awareness.
- Anger management coaching is based on trust, collaboration and permission.

- Anger management coaching seeks to transform the energy of anger into positive channels which benefit the individual's life and relationships as a whole. This aspect leads to greater self-management and motivation.
- Anger management coaching focuses on practical, effective methods for anger change such as: assertiveness, problem-solving, empathy, developing emotional intelligence, forgiveness, cognitive restructuring, etc. This aspect enhances self-management, social awareness and relationship management.

What role does the Anger Management Coach play?

- Asks questions; helps clarify values, beliefs, goals, and personal meaning.
- Acts as an advocate.
- Collaborates with the client.
- Provides support in setting and achieving the anger management goals.
- Acknowledges progress.
- Challenges the client.
- Provides motivation.
- Offers objectivity, and brings fresh perspectives.
- Helps think of options and possibilities.
- Facilitates commitment to growth.
- Provides action-oriented assignments and resources.

The “Coach Training course” includes: Trainer Manual one and the Anger Management Coach Certification Manual

Lessons

- One:* Introduction to Anger Management Coaching
- Two:* How is Anger Management Coaching Delivered?
- Three:* Anger Management Coach Assessment of Clients
- Four:* Distinguishing Anger Management Coaching from other service professions and professional coaching
- Five:* Anger Management Coaching – process, role, goals
- Six:* What's Good About Anger Institute – Anger Management Coaching
- Seven:* ABC Techniques
- Eight:* Anger Management Coaching Application
 - Sample- Anger Management Coaching Agreement
- Nine-Ten:* Anger Research and Growth Opportunities
- Eleven-Twelve:* Major Legal and Ethical Guidelines for Anger Management Coaches, Trainers, Professionals

**Click here if you are a manager, executive, professional, spouse or individual looking for personal Anger Management Coaching services:
www.whatsgoodaboutanger.com/angercoaching.pdf**

Anger Management Institute Coach Training Program Application and Ordering form

If you would like to apply to take the Anger Management Coach Training program by the What's Good About Anger Institute - please complete the following form and send a check or make a credit card payment for the \$250.00 fee.

Includes: Anger Management Trainer Manual One, Anger Coach Training Manual, DVD, book, sample coaching lessons, exam, Certificate upon completion, inclusion in What's Good About Anger Institute- Anger Management Coach Directory. Please print.

Name and title: _____

Profession or Job title: _____

Educational and/or training(include dates): _____

Licenses and Credentials(include dates): _____

Other Certifications: _____

Employer/organization: _____

Employer address: _____

Position within organization: _____

Reference- Name and phone #: _____

Personal contact information: (home and cell phone, email, mailing address) _____

Mail or fax (630-530-2066) this form and order form to: Lynette Hoy, 1200 Harger Rd., Suite 602, Oak Brook, IL 60523.

Please make checks payable to: Lynette Hoy. You may also pay by completing the enclosed credit card form.

**Click here if you are looking for personal [Anger Management Coaching](http://www.whatsgoodaboutanger.com/angercoaching.pdf) services:
www.whatsgoodaboutanger.com/angercoaching.pdf!**

Print Form for ordering Anger Management Institute Trainer/Coach courses

Here's my payment for the following What's Good About Anger? Resources:
(circle or check each item you are paying for). Pay by credit card call Lynette Hoy at 630.368.1880, ext. 1, or 708.341.5438 or complete and fax this form to: 1-630-530-2066

1. New: Anger Management Coach Training program:

___\$250.00. Includes: book, DVD, coach training manual, Trainer Manual One, sample coaching lessons/forms, exam, certificate upon completion, inclusion in online Anger Management Coach directory.

2. 40 hour Advanced Anger Management Trainer course which includes manuals, leader's guides and power point learning tools for: 12 hours of adult anger management education and facilitator training. 8 hours of adolescent anger management training. 8 hours of anger management coaching and skill application. 4 hours of assessment. 4 hours of ethics and research in anger management programming. 4 hours of marketing, business practices, consulting. Curriculum includes new DVD and the second edition of What's Good About Anger? with co-presenters: Lynette Hoy, NCC, LCPC and Steve Yeschek, LCSW!

Retails at: \$675.00 with discount - only: \$600.00: ___

Trainers who have successfully completed the WGAA Intermediate, Levels One or Two courses or the 18 hour conference need only complete part two (20 hours) of the new program! Discounted cost:=\$350.00: ___.

3. Affiliate Status (can be ordered after successful completion of Trainer course) includes 25% discount off retail price on most products, web directory listing: \$50.00/year ___

Click here if you are looking for personal Anger Management Coaching services:
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What's Good About Anger? - credit card payment form: (or enclose check payable to Lynette Hoy)
Please completely fill out the following information and fax to Lynette Hoy at: 1-630-530-2066.

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Note: all international orders will have to meet additional authorization and shipping cost.

Fax to: 630-530-2066 or mail to:

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Ph: 1.630.368.1880, ext. 1 or 708.341.5438