

~What's Good About Anger Institute~
Certified Anger Management Coaching Services
with Lynette J. Hoy, NCC, LCPC & Steve Yeschek, LCSW,
Anger Management Specialists and COACHS
*COACHS - Creating Opportunities, Approaches and Changes for Highest Success- in Anger
Management*
Forward-looking; Success-oriented; Life-transforming

FAQs:

Are you looking for Anger Management Coaching Services? Are you a professional, executive, corporate manager, business man or woman overwhelmed with anger, stress and conflict on the job? Or maybe you are dealing with too much stress and anger in your marriage or other significant relationships? You can find help *to cope and conquer* through the new What's Good About Anger Institute - Anger Management Coaching services. This individualized service is offered through the Institute utilizing:

1. Skilled and trained providers who have completed our program and been certified as Anger Management COACHS and/or Trainers.
2. The What's Good About Anger Institute COACHS program and curriculum for 6-52 weeks of coaching.
3. Referrals to Anger Management Coach providers will be made through the Institute.

So what is Anger Management Coaching? A professional partnership between a qualified anger management coach and you that supports the achievement of extraordinary results, based on anger management goals set by you. Through the process of Anger Management coaching, you can focus on the skills and actions needed to successfully produce your highest and best results. *The goals in anger management coaching are focused on research-based anger management techniques and emotional intelligence development found in the What's Good About Anger Curriculum.*

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

Anger Management coaching *concentrates on where you are now and what you are willing to do to get where you want to be in the future* in regards to managing and transforming your anger. This includes a thorough assessment.

Anger Management coaching typically *assesses your current opportunities and challenges, defines the scope of the relationship with your coach, identifies priorities for action, and establishes specific desired outcomes* relating to anger and conflict management issues. This aspect leads to greater self-awareness.

Anger management coaching is *based on trust, collaboration and permission.*

Anger management *coaching seeks to help you transform the energy of anger into positive channels which benefit your life and relationships as a whole.* This aspect leads you to greater self-management and motivation.

Anger management *coaching helps you focus on practical, effective methods for anger change implementing such skills as: assertiveness, problem-solving, empathy, forgiveness, cognitive restructuring, and more!* This aspect enhances your ability to manage and motivate yourself, become socially aware and develop healthy relationships.

Through the Anger Management coaching process *you gain clarity which supports the most effective actions to achieve your goals.* Anger Management Coaching accelerates your progress by *providing greater focus and awareness of possibilities, opportunities, approaches and changes regarding choices you can make in the areas of anger management and emotional intelligence.*

What are the benefits of Anger Management coaching?

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

1. fresh perspectives about anger management and it's opportunities,
2. enhanced thinking and decision making skills for achievement of goals,
3. improved interpersonal effectiveness and emotional intelligence skills,
4. 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.

How is Anger Management coaching delivered? What does the process look like?

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. The anger management coaching process includes: one – one-hour session per month and three 15 minute sessions (one per week) with your individual Anger Management Coach by phone. If you live in the area – the one-hour office appointments may be scheduled each month; 15 minute sessions will be held by phone.

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. Coaching seeks to motivate and change perspective and behavior. Coaching is forward moving and future focused Therapy deals with healing pain, dysfunction and conflict within an individual or relationship. Therapy outcomes include improved emotional/feeling states and seek to relieve crises or underlying mental health disorders.

Complete the following application and credit card payment form to begin your personal Anger Management Coaching services with the What's Good About Anger Institute!

Anger Management Institute- Anger Management Coaching Services Application

If you would like to schedule your personal *Anger Management Coaching services* through the What's Good About Anger Institute - please complete the following form and make a credit card payment for the fee. Sign-up for one, two, three or six months of anger management coaching!

Includes: initial assessment, coaching workbook, DVD, book, services. *Please print.

Name and title: _____

Position or Job title: _____

Address: _____ City: _____ State: ___ Zip: _____

Phone: _____ Cell: _____ Email: _____

Employer/organization: _____

Employer address: _____

Position within organization: _____

I am signing up for (circle one): 3 months -- 6 months -- one month coaching

Reason(s) for requesting anger management coaching services: _____

Mail or fax (630-530-2066) this form and the completed credit card form to: Lynette Hoy, 1200 Harger Rd., Ste. 602, Oak Brook, IL 60523. Call Lynette for more information: 708.341.5438.

What's Good About Anger Institute- Anger Management Coaching Services:

Your personal Anger Management Coach will provide an initial assessment, one hour coaching session per month, 15 min. phone coaching sessions 3 times per month, review and feedback on lessons.

Here's my payment for the following Anger Management Coaching Services:

Pay by credit card call Lynette Hoy at 630.368.1880, ext. 1, or 708.341.5438 or complete and fax this form and the credit card form to: 1-630-530-2066. Check the service you are paying for:

1. **Anger Management Coaching Assessment/evaluation only:** includes personal and confidential (phone or office) interview, assessments and written evaluation. \$250.00: _____
2. **Anger Management Coaching Services for one month – includes:** initial assessment, one hour phone/office coaching session per month, 15 minute phone coaching sessions 3 times per month, coaching lessons, book, DVD. Pay for first month only: \$350.00/month: _____

The following services are discounted and include the assessment and complete coaching curriculum:

3. **2 months of Anger Management Coaching. Pre-pay to receive discount:** \$600.00 _____
4. **3 months of Anger Management Coaching. Pre-pay to receive discount:** \$850.00 _____
5. **6 months of Anger Management Coaching. Pre-paid for only:** \$1500.00 _____

Once we receive your application and payment for the anger management coaching services - you will receive the assessment forms, curriculum and a call from your personal *Anger Management Coach* to schedule the office and/or phone sessions. Please complete the following credit card information:

Anger Management Institute – a division of CounselCare Connection, P.C. - 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.

1. Accepted Payment Method (circle one): MasterCard, Visa
1. Card Number: _____
2. Expiration Date: _____ (mmyy)
3. Full name on credit card: _____
4. Product or Service Description: _____
5. Total Amount including shipping to be billed on credit card: _____

Customer Billing Information

1. First Name: _____
2. Last Name: _____
3. Company: _____
4. Address: _____
5. City: _____
6. State/Province: _____
7. Zip Code: _____
8. Country: _____
9. Phone: _____ (with area code)
10. Fax: _____ (if you would like a receipt faxed to you)
11. Email: _____

Shipping Information

Same as information entered in Billing Information: _____ (check if yes)
or complete the shipping information below:

1. First Name: _____
2. Last Name: _____
3. Company: _____
4. Address: _____
5. City: _____
6. State/Province: _____
7. Zip Code: _____
8. Country: _____

Note: all international orders will have to meet additional authorization and shipping cost.
Fax to: 630-530-2066 or mail to:

Lynette J. Hoy, NCC, LCPC, CAMS-V
CounselCare Connection, P.C.
Anger Management Institute
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