



MOOD
MANAGEMENT

ANGER MANAGEMENT



ROOTS OF ANGER



disappointment

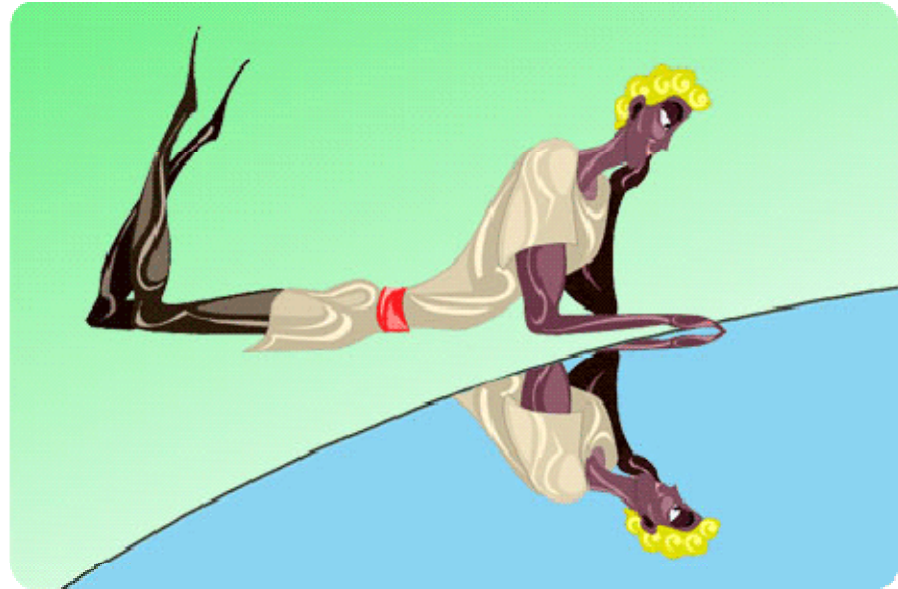
jealousy

expect perfection

care too much

need to be in Control

I was Wrong



EGO BALANCE



DIGESTING FEED BACK



THROUGH APPLICABLE NEUROSCIENCE



FACILITATED BY
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WORKSHOPS FOR EXPERIENTIAL DEVELOPMENT