

ULearnIT Featured Resource

The Essentials for Anger Management

Anger is normal – and even healthy – emotion, rooted in the instinct for self-preservation. However, if not managed properly, our feelings and emotions can be very destructive. It's important to find healthy ways of owning and expressing your anger. This requires emotional intelligence (EI) and a good emotional quotient (EQ), or emotional intelligence quotient (EIQ).

In this course, you'll explore how to manage your anger and your anger response. You'll also explore the nature of anger, including its root causes and ways to use it positively in the workplace. And you'll learn how to develop empathy for colleagues who may be causing your anger.

26 minutes

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4/27/20