

To Register

Make Check Payable To:
Anger Management Institute
44 Broad St. NW, Suite 707
Atlanta, GA 30303
Tuition Fee: \$65.00

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Email address needed for directions to facility to be emailed to you upon receipt of registration.

Cancellations must be received at least 72 hours prior to workshop for a refund. A \$20 processing fee will be assessed for all cancellations.

Program subject to cancellation due to insufficient enrollment. Refunds will be promptly made due to lack of enrollment.

Dates and Locations

January 15, 2016—Savannah, GA
January 21, 2016—Atlanta, GA
March 4, 2016—Atlanta GA
July 6, 2016—Atlanta, GA
August 8, 2016—Augusta, GA

Savannah Training Location

High Impact/Anger Management
6555 Abercorn St., Suite 223
Savannah GA 31405

**Call for Training Locations for
Macon and Augusta**

Emotional Game Changers:
Powerful Techniques to Live a
More Positive Life

**1 Day Course
Various Days**



Training Location:

High Impact/Anger Management
44 Broad St., NW, Suite 707
Atlanta GA 30303

Training Provided By:

**High Impact/Anger Management
44 Broad St. NW, Suite 707
Atlanta, GA 30303**

About the Conference

Webster's dictionary defines a game changer as an event, idea, or procedure that effects a significant shift in the current way of doing or thinking about something. A game changer changes the way that something is done, thought about, or made.

We all have profound negative emotional experiences that impact who we are and often shake us to the very core of our being and forces us to step back and take a look at where we are in life. Often, these negative emotional states can leave us with life-long emotional scars and cause us untold emotional suffering. Negative emotional states such as anger, guilt, shame, fear, depression, un-forgiveness, abandonment, loneliness worry, etc. not only affects the way we live our lives, but they can change the way our brain functions. To change the impact of these life changing negative emotions on our lives, we need to employ the use of emotional game changers.

Emotional Game Changers are as old as ancient philosophy and are as effective today as they were centuries ago. This workshop will assist you and your consumers in learning to use emotional game changers for more effective coping and to live more successful lives.

Learning Objectives:

By the end of the session, participants will be able to:

1. Explore the power of negativity bias and its contagion.
2. Explain 5 stoic emotional game changers that can be used in counseling.
3. Describe the power of prayer to change both the person and the circumstance.
4. Explain how to transform pain into power.
5. Develop strategies for coping with worry, doubt, and fear.
6. Utilize the emotional game changer of non-attachment.
7. Employ resilience come back strategies.

Pre-registration is required. Tuition fee covers the cost of instruction, handout materials, refreshments breaks, continuing education credits.

Continuing Education Credits of 6 hours have been applied for through GACA, IC&RC, LPC, and LCSW.

8:30 a.m.-4:30 p.m.

8:45	Registration
9:00	Understanding the power of negativity bias
10:15	Break
10:30	5 Powerful Emotional Game Changers espoused by the stoics
11:00	Prayer is an emotional game changer
12:00 pm	LUNCH
1:00	Transforming pain into power
2:00	Techniques for overcoming fear, worry, and doubt
2:15	BREAK
2:30	Developing and enhancing the skill of non-attachment or letting go
3:30	The power of resilience as an emotional game changer
4:30	Adjourn

Your Presenter:

Gary K. Byrd, M.Ed., CCS, CAMS, MAC, CEO of The Anger Management Institute. Mr. Byrd is the author of Choice Based Anger Control.