

## Workshop Description

*3/30/07 10:15 am Workshop Block 4*

**24. Anger management for males transitioning into the workforce** (*Dillard – Mary Williams*) *Track: Life Skills and Job Training*

The rationale for this interactive anger management session is to develop an understanding of the unique experiences of minority males transitioning into the world of work. Participants in a worker training program expressed challenges they face concerning self-esteem, controlling their anger, and racism in the workplace. These challenges have caused many of the trainees to doubt their capabilities, choose a lifestyle of crime, quit their jobs, and consequently lose hope of ever succeeding.

The objective of the anger management session is to help minority males gain self-awareness of their emotions, explore the root cause of their anger, and develop problem-solving skills or survival skills to change their behavior as they negotiate through opposition and conflict in their daily lives.

A clip from the movie “Antoine Fisher” will be viewed for discussion. Session participants will identify their individual emotional triggers, thoughts, feelings, behaviors, and consequences through various exercises. Participants will also discuss problem-solving and constructive feedback for staying successful, dealing with “pitfalls” and preventing relapse.