

CREAM

**Conflict Resolution,
Emotional Awareness
& Anger Management**

*Why we behave the way we do and
how we can be in control of our life.*

This new course has been introduced because of a huge demand from clients who want to live happily, resolving day to day Conflicts that arise, without losing control of the Emotions and getting Angry.

*Do you snap and get angry in an instant? And then say
“I don't know why, I just can't control myself”?*

**Turn anger
into humour**

**Ph: 379 0012
to resolve your
conflict**

Tuesday mornings 9.30 am - 12.00 noon

starts 224 October and ends 28 November 2017

Numbers are limited, please book as soon as possible.