



## Keeping Your Cool Programme

**This programme allows parents to explore their reaction to anger, how losing their cool impacts on their children, identify the triggers to them losing their cool and find positive ways of managing their behaviour. Throughout the programme parents are given techniques to help them manage stress, understand their triggers and keep their cool to ensure family life improves.**

### **Session 1: Choice, Change and Minding the Gap**

This session focuses on the change process. Parents are encouraged to explore their commitment to change and use previous experiences to help change their thinking and behaviour in order to provide more positive outcomes.

### **Session 2: The Challenge of Keeping Your Cool**

This session helps parents gain a better understanding of the physical effect of losing their cool. Parents identify their style of anger and the stages involved in the process of losing their cool.

### **Session 3: The Trouble with Thinking**

This session increases parent's awareness of their thinking, how it relates to them losing their cool and encourages developing more positive thinking patterns. Beliefs around parenting are explored and challenged.

### **Session 4: Escalating Emotions**

In this session parents explore emotions and identify how this understanding can be used to reduce their feelings of anger. Parents develop an understanding of how messages received in childhood can impact on their understanding and reaction to anger. **Children and Anger**

This session increases parents understanding of how badly managed anger can affect the development of their child. Parents develop an understanding of children's anger and develop clear plans for responding to their child's anger.



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### **Session 5: Gender, Life Experiences and Parental Anger**

This session aims to increase parents understanding of their anger as a man or woman, consider the impact of past experiences on their anger and apply this new understanding to keep their cool. **Conflict, Power and Anger Management** This session helps parents explore their natural response to conflict, increase their understanding of more positive ways of handling conflict with their children and practice conflict management skills.

### **Session 6: Learning and Moving on**

This session reviews the learning from the programme. Parents reflect on their life style and identify changes they wish to make to enable life balance. Plans are formed to encourage the continuation of change and positive outcome.