

"ANGER MANAGEMENT"



☞ SIMPLE RULES

- Lastly, it deals you some time to listen and hopefully, devise a solution to the problem at hand.
- If a client is screeching at you over the phone, suggest that you meet face to face to iron out what's wrong.
- Again that can inject so much needed cooling down time into the situation.



Be TUNED IN to know more.....

For more guidance & tips email to - manageanger@wellnessway4u.com

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