

“Managing Anger Tactfully”

☞ Coping with confrontation

- Preparing what you want to say and staying calm & then
- Try to express yourself assertively without shouting or losing your cool
- Don't take anything personally; by being assertive you will neither offend others nor yourself....



Be TUNED IN to know more.....

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