



The Calm Within

An Anger Management Care Package

This care package is designed to help you understand, manage, and work through anger in a healthy way. It is a comprehensive bundle that will help you understand your anger, recognise triggers, and learn practical tools like breathing, mindfulness, and healthy communication. You'll also discover ways to reframe thoughts, resolve conflict, and create a personalised plan for managing anger long-term.

Here at Footsteps, we prioritise on using a person-centred approach to empower clients, who each have their own unique experiences of understanding and managing this emotion. This will allow the individual to explore their feelings without judgement, identify their needs and create personalised goals.

Take the first step today towards understanding and managing anger with confidence and support.

Who will benefit from this care package?

- Individuals who are experiencing significant dysfunction due to anger issues
- Companies that wish to provide wellness initiatives for their employees

What are the benefits of this care package?

- Flexible access to resources that can be used anytime and anywhere
- Self-paced modules for time efficiency
- Privacy and comfort while going through the program
- Cost-effective – no need for travel to receive support
- Ongoing support through regular reminders and virtual check-ins (upon request)



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Lessons Included in the Package

Understanding Anger

- All About Anger
- Debunking Common Myths about Anger
- Why We React: Fight, Flight, Freeze Explained by the Polyvagal Theory
- Discovering your Window of Tolerance
- What Makes a Person Tick: The Anger Iceberg
- How Does Anger Feel Like in my Body?

Learning to Regulate and Cope

- Take a Beather, Mate (Breathing exercises)
- Everyday Strategies for Keeping Your Cool
- The Language of Calm: Communicating Through Anger
- The Power of Pausing
- Red, Yellow, Green: Managing Anger One Light at a Time
- Identifying Positive Outlets

Cognitive Restructuring: Keeping Your Anger in Check

- Challenging Irrational Thoughts
- Reframing the Situation
- Urge Surfing: Riding Out the Waves of Anger
- Conflict Resolution: The Art of Keeping Cool in Heated Moments
- Knowing Your Triggers

Beyond Anger

- A Whole New World: Recognizing the Old and the New
- Making Amends and Repairs
- My Support Network



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Tiers and Inclusions

BRONZE	SILVER	GOLD
A\$108.90	A\$218.90	A\$394.90
• Initial Consultation (30-45 mins) • Self-paced access for 6 months • All downloadable materials	• Initial Consultation (30-45 mins) • 1 assessment session with FCS practitioner • Self-paced access for 6 months • Customised weekly planner • All downloadable materials	• Initial Consultation (30-45 mins) • 1 assessment session with FCS practitioner • 5 telehealth sessions • Self-paced access for 6 months • Customised weekly planner • All downloadable materials

BUY NOW

