Course Syllabus: 8-Hour Live Online Anger Management Course

Program Overview

Anger 101 is a one-day, eight-hour anger management education course delivered LIVE via Zoom by an instructor. It is not prerecorded or self-paced. Classes are offered nationwide on alternating Saturdays, approximately twice monthly, with a maximum of 20 participants per class. Introductory tuition is $149, paid in full at registration. Each participant receives a free digital workbook.

Instructional Schedule

Each class includes eight instructional hours plus one hour for lunch and breaks.

Time zone	Class time
Pacific	8:00 AM – 5:00 PM
Mountain	9:00 AM – 6:00 PM
Central	10:00 AM – 7:00 PM
Eastern	11:00 AM – 8:00 PM

Eight-Hour Curriculum and Learning Objectives

Hour 1: Understanding Anger, Aggression & Behavior
Objective: Distinguish anger as an emotion from aggressive behavior and describe its costs.

Hour 2: Identifying Personal Triggers & Behavioral Patterns
Objective: Identify personal triggers and recurring patterns that lead to escalation.

Hour 3: Emotional Awareness & Physiological Responses
Objective: Recognize the early physical and emotional warning signs of anger.

Hour 4: Stress Management & Emotional Regulation
Objective: Apply breathing, grounding and time-out techniques to regulate emotions.

Hour 5: Cognitive Reframing & Personal Accountability
Objective: Challenge unhelpful thoughts and take responsibility for choices.

Hour 6: De-Escalation & Healthy Communication
Objective: Use assertive, respectful communication and de-escalation skills.

Hour 7: Conflict Resolution & Healthy Relationships
Objective: Resolve disagreements through listening, problem-solving and boundaries.

Hour 8: Personal Anger Management Action Plan
Objective: Build a written, personal plan for continued practice after class.

Live Interactive Teaching Methodology

Instruction combines short lessons, practical exercises, guided reflection and interactive small-group discussion. Participants are expected to keep their camera on and take part throughout the session.

Attendance Verification

Attendance is monitored live by the instructor throughout the Zoom session, including check-ins after each break. Participants must attend the full eight instructional hours.

Completion Requirements

To complete the course, participants must attend the full session, participate in activities and discussions, and complete the personal action plan.

Certificate Information

A certificate of completion is issued to participants who successfully meet all completion requirements. Proof of enrollment is available upon request.

Important Notice

Anger 101 provides educational services, not psychotherapy, crisis intervention or domestic violence intervention treatment. Acceptance of this course is determined by each court, attorney, probation officer, employer or referring agency. Please confirm acceptance with your referring authority before enrolling.

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