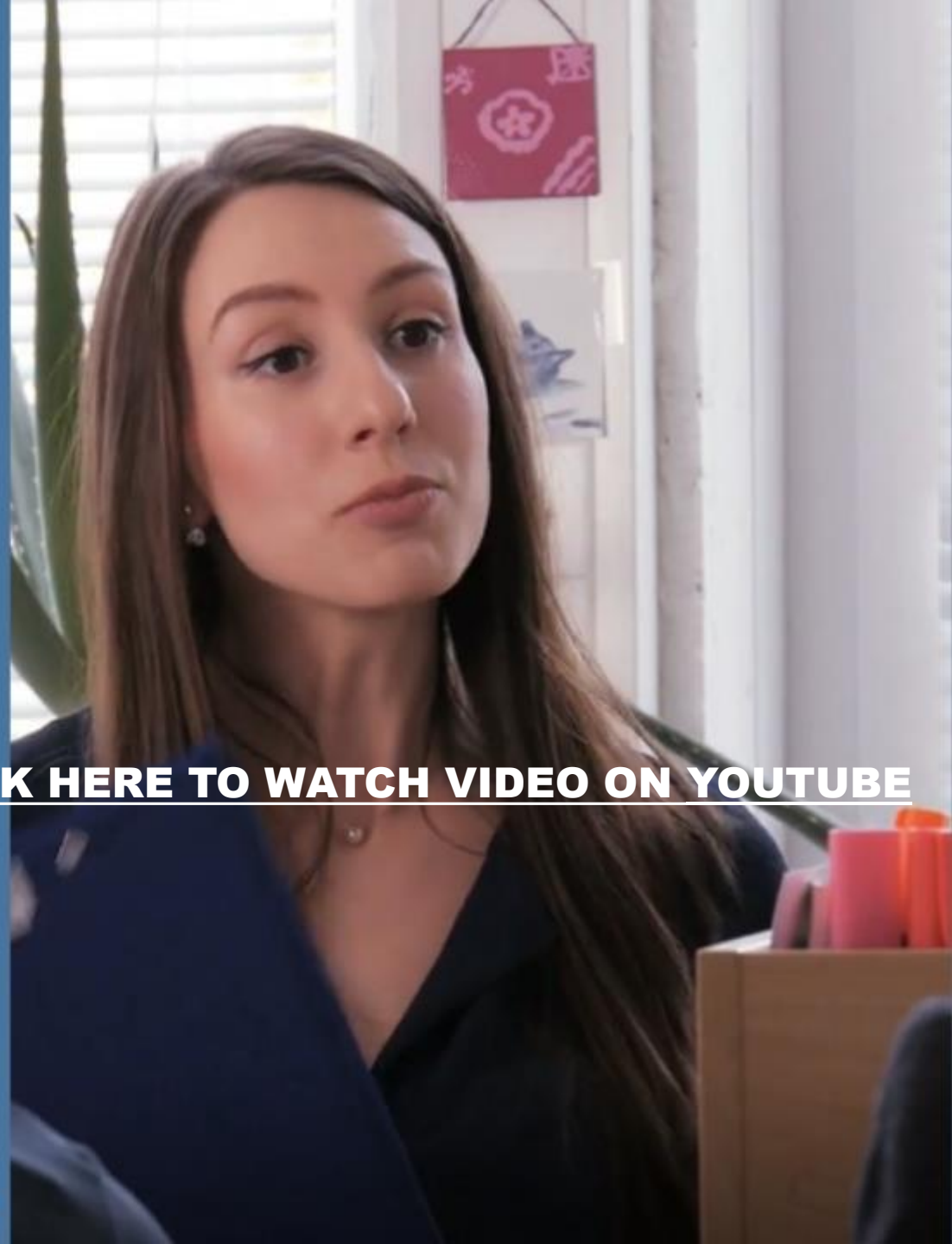


HOW TO COACH ANGER ISSUES

Louise Anne Maurice

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What Should I Do, I Have Anger Issues with @LouiseAnneMaurice

**I want to be successful in my career
but that requires working with
people. Honestly, most people
irritate me and I often get angry. I
wish I was more easy-going. I
Obviously Have Anger Issues, What
Should I Do?**

What Should I Do, I Have Anger Issues Coaching Questions @LouiseAnneMaurice

- 1. When did anger problem start? When do you get angry now?**
- 2. Where did anger problem start? Where do you get angry now?**
- 3. With whom did anger problem start? Whom do you have this anger problem with now, all people or certain types of people?**
- 4. How is anger problem impacting you? What do you experience? What do you see? What do you hear? What do you feel?**
- 5. What patterns do you see? Create new patterns that support your goals! What do you want to experience? What is your solution? What will you see? What will you hear? What will you feel?**

Take Empowered Prevention a step further by understanding the root cause of Anger Issues. Learn more about [Holistic Health and Wellness Coaching](#).

- “In the beginning I was skeptical to enroll but after going through section 1, I was certain that I want to finish the course. The course covered the holistic wellbeing dimensions and the instructor was passionate as well as knowledgeable. She has impacted a great amount of knowledge and coaching skills. This will definitely add value to my career as a wellness practitioner.”



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In Life

Benchmark	Value
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Benchmark 2	20
Benchmark 3	30
Benchmark 4	40
Benchmark 5	50

Free Training

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