



JSAHR
Jersey Shore
Association for
Human Resources

The Jersey Shore Association for Human Resources is a SHRM affiliated chapter



AFFILIATE OF
SHRM[®]
SOCIETY FOR HUMAN
RESOURCE MANAGEMENT

How to Prevent People From Pushing Your Buttons

When you attend this month's session you will discover little known facts about the real reasons we get angry (it's not what you think), how to prevent others from making us mad (they really can't), how to lower frustration (it's pretty simple), three simple steps to avoid blowing up, and why controlling anger is not your best option (and what is). Janet will give you the keys to maintaining your serenity under even the most challenging conditions. Learn the SWAT Strategy, TECO Magic, and more. Simple, practical, easy to apply, and highly effective techniques will be covered in this session that you won't want to miss!

Learning Objectives:

Upon completion of this presentation, participants will be able to:

1. Greatly reduce the frequency, intensity and duration of anger.
2. Discover the 3 root causes of anger and how they differ from the triggers.
3. Learn to respond to challenging situations and people from a calm perspective rather than with anger.

About the Speaker:

Janet Pfeiffer, international inspirational speaker and award-winning author is a Fortune 500 consultant, globally syndicated radio host (Anger 911) and TV personality (CNN, Fox News, Lifetime, ABC News and more). She's N.J. State certified in domestic violence issues and works with battered women. She specializes in healing anger and conflict and creating inner peace. She's also a contributor to the Dr. Phil Show and an adjunct instructor at County College of Morris. Janet is the author of 8 books including the highly acclaimed *The Secret Side of Anger* and her latest, *The Great Truth*. Janet presented this workshop at the 2014 GSC Annual Conference and earned outstanding ratings!



Date: Thursday, March 12, 2015
7:45 AM Networking and Breakfast;
9:00 AM – 10:00 AM Program,
Jumping Brook Country Club
210 Jumping Brook Rd, Neptune NJ
(www.jumpingbrookcc.com)

RSVP by 4:00 PM on
Friday, March 6, 2015
online at <http://jsahr.shrm.org/events>

Registration Fee including breakfast
\$30 for JSAHR members,
\$40 for non-members,
\$25 for In-Transition & JSAHR Guests
\$10 for Students with valid ID
\$10 additional fee for walk-ins
No shows will be billed

Special Notice
This program is pending approval for 1.00 recertification credits for PHR/SPHR thru HRCI. This program is also pending approval for 1.00 PDCs for the SHRM-CP or SHRM-SCP.

This meeting does not yet have a sponsor. If you're interested in sponsoring this or any other meeting please contact [Bob Kane](#) or [Dave Kostka](#)