

ASIT PRESENTS

TAMING THE ANGRY ANT

**TECHNIQUES TO REGULATE
EMOTIONS & PROMOTE
SELF CARE**

WEDNESDAY MARCH 20

6:00PM-7:30PM

AUGUSTA MARGARET RIVER FOOTBALL CLUB

GLOUCESTER PARK

PRESENTED BY ASIT HEAD OF
PROGRAM OPERATIONS &
FORMER PERTH WILDCATS
CAPTAIN

BRAD ROBBINS



WORKSHOP

SUMMARY



We all feel angry at times, and it's a valid emotion to have under certain life circumstances. But anger can often be an uncontrollable emotion, causing problems for not only others, but the person having the outbursts.

“Working to be the motivating and inspirational force in mental health”

Anger can mask a range of other emotions, like fear, sadness, hurt or shame, but unfortunately because anger is so overt, these feelings don't get explored. For such a common emotion felt by most people, we still get very little guidance in our culture on how to deal with it. But with the increasingly stressful and uncertain world we are living in, there's no better time to learn how to manage these negative emotions.

In this 60-minute workshop, Former Perth Wildcat, Brad Robbins takes participants on a very powerful and personal journey from his “Angry Ant” persona on the basketball court to the man he is today. In this workshop, participants will learn the importance of expressing all emotions, get an understanding of the root cause of anger, be aware of their own triggers for negative emotions & learn a variety of techniques to manage anger and other negative emotions before they become uncontrollable.

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