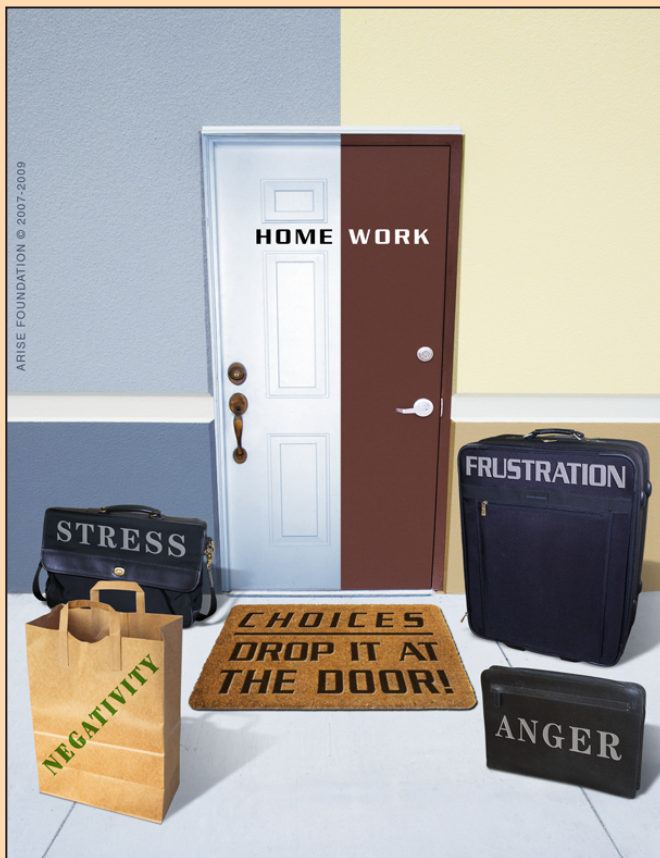


# CHOICES: DROP IT AT THE DOOR

**A Two Day Workshop That Will Reduce Employee Turnover  
Stop the “Boomerang Effect” of Anger, Stress & Negativity in the Office & Home**

**CHOICES: Drop It At The Door**, eliminates a major management burden. ARISE can professionally train your staff to drop anger at the door, listen non-judgmentally before tempers boil, get along with others and much more. Twenty plus years of experience allows ARISE to guarantee results.



**A positive makeover for your Organization -  
If you answer yes to the following questions,  
CHOICES is for you:**

- Are your people calling in sick because stress at home and work is too overwhelming to deal with?
- Are members of your staff falling victim to aggressive and angry people who enjoy making others miserable?
- In today's litigious society are you worried that your people might lose it when facing off with a bully?
- Have you ever wondered how you can minimize the grouches, gossips, and groaners who plague your life?
- Is an in-house arbitrator at your workplace kept busy settling arguments, cooling tempers and apologizing to clients?
- Does your staff encounter angry, disruptive and stressful situations at home that affects their work?

***CHOICES provides the skills needed to “de-stress”  
from difficult situations at work and home.***

This intensive staff training workshop is guaranteed to improve individual effectiveness by providing the know-how needed to dramatically decrease and avoid angry outbursts, loss of self control, and meltdowns that cause stress and frustration at home and in the workplace. This training consists of two separate days of anger and stress management.



*(continued on next page)*

## CHOICES is a Painless Antidote for Workplace Anger, Stress & Negativity

Participants will come away with a solid understanding of how each of us can choose to drop anger, stress, negativity, and frustration at the door. Today, it makes sense to alert employees that life's problems should not be carried back and forth from work to home and vice-a-versa. ARISE CHOICES provides the keys for handling and defusing anger and stress. Wonder-of-wonders, once this information is absorbed, we can finally make sense of the relentless tension and pressure we face. This new awareness immediately increases personal and work-related performance. CHOICES provides numerous "ah-ha moments." Your employees are sure to exclaim: "Now I understand!" and "I get it!"

### CHOICES: DROP IT AT THE DOOR - DAY 1

In seven insightful hours participants learn that CHOICES: Drop It At The Door is not magic, it is people using brand new skills. Those fortunate enough to attend will learn the art of dealing with angry and out-of-control people and the rules of engagement for handling those intentionally pushing our buttons. Your employees will discover that anger is a secondary emotion. What causes us to be angry? What does anger feel and look like? Your staff will learn that anger is a choice and how one handles it is also a choice.

### CHOICES: DROP IT AT THE DOOR - DAY 2

Throughout day two of CHOICES: Drop It At The Door, your staff will acquire new skills to use immediately at home and at work. They will be surprised to learn how easy it is to bring out the best in people. For example, who knew how powerful a smile, could be? Have you been breaking the one law we totally control, the Law of Attraction? Your staff will discover how positive thoughts attract joy and happiness while the negative thoughts deliver sorrow and grief.

Your staff will also be taught to recognize the important difference between listening and hearing and learn the power of paraphrasing. They will learn to knock down the barrier that often keeps angry and stressed people from really hearing what is being said. They will leave day two of CHOICES with the essential skills that overcome feelings of being ignored or attacked when discussing touchy subjects. *This skill is equally effective where you earn your daily bread and where you bake your daily bread.*

## Training Information & Fees:

### CHOICES: Drop It At The Door

Time Commitment: 2 Days Consecutively

**\$5,000.00 Plus Trainer Travel Expenses**

Participants: Approximately 30

**CHOICES Resource Manual \$29 each.**

### Combination Training

CHOICES (2-days of Training) Including

ARISE Life Management Instructor Training (1-day)

Time Commitment: 3 Days Consecutively

**\$6,500.00 Plus Trainer Travel Expenses**

Participants: Approximately 30

Established in 1986, ARISE has trained and certified over **5,000 Instructors** who have taught in excess of **4,000,000 hours** of ARISE life skills lessons. ARISE is a leader in the development and design of interactive life-management skills lessons for at-risk youth and staff training. Since 1996, ARISE curricula and staff training has been used statewide in Florida Department of Juvenile Justice facilities and in over 100 Department of Youth Services facilities in Washington DC. In addition, ARISE social skills curricula are used in public, alternative and charter schools, faith-based groups, the Salvation Army, Arnold Schwarzenegger's After-School All-Stars, and other organizations in the United States, Mexico, Puerto Rico, Jamaica, England, Canada, Australia, Bahamas, Bermuda, New Zealand, Bosnia, Kazakhstan and Central Asia.



**Call Us or Register Online**

ARISE Foundation • Toll Free: 1-888-680-6100 • [www.ariselife-skills.org](http://www.ariselife-skills.org)