



Civility Management Solutions

Optimizing performance, productivity and health

Call (814) 662 – 5338 Insight Therapies, LLC www.RelaxationNonViolenceTraining.com

The Leader in Civility, Anger Management, Employee Stress AND Assertiveness in the Workplace

Insight Therapies LLC is the leading provider of professional services, programs and products to help HR management leadership in areas of an employee: Anger Management, Assertiveness training in the Workforce, Emotional Intelligence and Coping with Stress at work ~ **Helping companies work smarter management.**

We offer professional services, support management services, leadership trainings and employee kits (stress relief digital media programs, printed employee workbooks: anger, stress, and assertiveness). Consulting services include: establishing policies and procedures (disciplinary protocols), Employee Disruptive Behavior programs (Anger Management), Workforce Employee-Stress programs and Assertiveness in Workforce Coaching to our prospective partners.

<u>Products</u>	<u>Management Support</u>	<u>Hire Us As Needed</u>
<p>Interactive exercises of videos, audios, employee wellness kit, workbooks and worksheets.</p> <p><i>Purchase our program or work with us.</i></p>	<p>CONSULTING & TRAINING</p> <ul style="list-style-type: none"> ○ Contractual Management Support ○ Training for Department Leaders ○ Support for Employees 	<p>Anger Management 12-week program</p> <p>CONSULT IS HANDLED TWO WAYS:</p> <ol style="list-style-type: none"> 1. HR direct employer fee 2. Employee self-pay <p>Please call for information on our other programs: Stress, Assertiveness and Emotional Intelligence Programs</p>

Professional Services are offered by telephone support and digital media & workbooks. Monday-Friday 9:00 AM to 2:00 PM Eastern Time.

Consulting, Supervising and Mentoring is available.

Anger Management professional services are recognized nationally (in all 50 USA states, courts & employers) and 18 international countries | AE (armed forces in Europe, the Middle East, Africa, and Canada) | US Military Service BAHRAIN | BERMUDA | BRAZIL | CANADA | CHINA | CURACAO | GEORGIA | GREECE | JAPAN | ISRAEL | ITALY | MEXICO | NEW ZEALAND | NIGERIA | PUERTO RICO | TURKEY | SINGAPORE | UK