

## Grace Discipleship Institute (GDI) Course 2024

### SYNOPSIS

<b>Course Name</b>	<b>Dealing with Anger</b>		
<b>Date / Day / Time</b>	20 April / Sat / 0930-1230 hrs		
<b>Growth (KWRSS)</b>	LST / Know / Rhythm		
<b>Course Objective</b>	Participants will be able to define anger from a theological perspective, identify triggers and understand root causes. They can develop self awareness, and learn healthy coping mechanism using both therapeutic approaches and faith-based practices.		
<b>Target Audience</b>	People Helpers/Ministry Leaders/Those struggling		
<b>Synopsis</b>	Aims to guide participants through a transformative journey by looking at biblical narratives in the understanding of the nature and causes of this powerful and at times destructive emotion. Drawing from therapeutic strategies and spiritual practices to equip participants to foster wholeness in their spirituality, emotional well-being and relationships.		
<b>Speaker (if any)</b>	Ps Ben Wong & team of counselors		
<b>Format</b>	Onsite		
<b>Venue</b>	Sinai A	<b>Cost</b>	FOC
<b>Remarks</b>			