



PO. Box 3236, Rarotonga, Cook Islands * Telephone: (682) 288-55 - mobile (682) 74687
Email: rotai@oyster.net.ck

END OF ACTIVITY REPORT

Activity:	Anger Management Workshop (Harnessing the emotions)
Partnership and Supporting Organisations	In partnership with Punanga Tauturu Inc, and financial support by Ministry of Internal Affairs – Gender Development Division
Introduction	Rotaianga in Partnership with Punanga Tauturu conducted an Anger Management Workshop on 27 th – 28 th Nov 14. We are grateful to the CI USP for the free use of their Lecture room and amenities. This activity was planned to be the pilot case with the view of presenting it to the general public after the internal review. There has been many workshops conducted dealing with Domestic violence but none that focuses solely on Anger Management. The support of senior counselors from Man Alive, NZ Institute of Practical Counselling and Punanga Tauturu enabled the participants to receive experienced, expertise tutoring and or immediate counseling and advice on site.
Workshop Contents	<ol style="list-style-type: none"> 1. Understanding Elements and recognising of Anger, Hostility, Aggression 2. Our Biological responses to Anger - Expressions of Anger Diagram 3. Costs of Angry emotions - the Boiling point 4. Effects of Violence and abuse 5. Punanga Tauturu Inc presentation 6. Control mechanisms and understanding our responses - the safe cycle solution 7. Emergency control and Time out - Quick strategies for calmness 8. Changing our Behaviour - tips and guides - the change cycle 9. Factors that increase the changes of success - the need to change/change model <p>Complete detailed Programme attached as Appendix 1</p>
Activity Rationale	This activity formed a broader Output which was to develop a training tool for discussions, enhancing learning, reinforce message and resources to support service providers and the general public. This activity was the pilot test for Participants and Facilitators Handbooks and the Power Point Presentation. The workshop focused on understanding and recognising emotional elements and triggers that lead to violent behaviours towards women. It was designed by the Rotaianga Men’s Support Centre with a male specific focus. The intent was to pilot test the handbooks and teaching resources on both men, women and youth participants and identify gender, cultural biases that may emerge and to evaluate how the handbooks can be used in Domestic Violence prevention and support programmes. The handbooks will be reformatted as per the evaluations from the participants. This activity was conducted in partnership between PTI and the Rotaianga Men’s Support Centre.

<p><u>Budget</u></p>	<p>Budget Outline – Please refer to Appendix 1 below Rotaiana is extremely grateful to the financial support of the Gender Development Division of Ministry of Internal Affairs</p>
<p><u>Conduct of the workshop</u></p>	<p>Pre-Workshop Administration. Punanga Tauturu completed most of the administration including developing the Budget proposal and organizing the purchasing of the resources needed. This allowed Rotaiana staff and counselors/facilitators from Man Alive NZ to focus on the preparation and delivery of the workshop. The professionalism, and sense of urgency by Punanga Tauturu staff especially Kaurangi Samuela enabled the Workshop to commence on time, efficiently and is much appreciated.</p> <p>During the Workshop Although 23 people registered for the course, 15 participated and completed it. The participants were made up of a family group consisting of the father, mother and 14 year old son, 4 inmates and 1 warden and 7 members of the general public. The participants interacted readily throughout the 2 days especially during the team activities and the discussion phases. Two participants requested to be left out of all photos taken and their names to remain confidential which is normal for this type of activity. Overall, the conduct of the workshop went well with no noticeable difficulties.</p> <p>Pre-Workshop Administration. It was found that the Evaluation forms needed more time to be completed as the Ministries of Internal Affairs also produced an Evaluation of their own. Most participants requested the need to take the forms away to complete. This has had some adverse effect as most forms have not been returned. More time will be needed for completion. (Most have now been received (2 weeks after the course)</p>
<p><u>Conclusion</u></p>	<p>Like all pilot cases, the evaluation plays a critical part of the future developments of the programme. We are however encouraged by the positive response during the feedback session. Most participants said that they related to the contents on a personal level.</p> <p>It was also highlighted that the programme should be taken to schools, villages and for gender purposes. It is our desire that after the evaluations are formally analysed, the subsequent amendments to the programme should be completed quickly and efficiently. Another positive aspect was that one individual has now registered with Rotaiana to further deal with his anger in more detail. Overall, the programme was very successful.</p>

APPENDIX 1 – BUDGET

Budget Breakdown.

Budget Item	qty	unit cost	total Cost	remarks
Handbooks developed and printed	30	\$30.00	\$900.00	<i>Handbook developed by Bob Kimiangatau of Rotaianga in his own time and in consultation with various mens support groups in NZ</i>
Workshop Delivery				
Trainer/facilitator Fees	3 days	200	\$ 600.00	<i>Bob with the support of Rik from Man Alive will be carrying out the training</i>
Coordinator/Support fees	4 days	100	\$ 400.00	<i>Assist with Administrative tasks before and during the workshop</i>
Stationery, pens folders, markets etc	30	\$5.00	\$ 150.00	
Venue USP - free of charge				<i>USP has generously offered the Venue for free</i>
Overhead projector				<i>provided by PTI</i>
Butcher paper	10	\$2.00		<i>provided by PTI</i>
Refreshments				
morning tea/lunch and afternoon tea x 2 days	30	20	\$ 1,200.00	<i>based on \$20 per person for two days</i>
Water station hireage x 2days (including 4 bottles of water)	1	55	\$ 55.00	
Coffee, tea, milk and sugar		\$120.00	\$ 120.00	
(includes paper cups/spoons/forks/plates/serviettes etc			\$ 3,425.00	

APPENDIX 2 – DETAILED PROGRAMME

Anger Management Workshop Detailed Programme Thursday 27th to Friday 28th November 2014 “16 Days of Activism against Gender Violence”

	Time	Activity	Facilitator	Eqpmt/materials required
day 1	8.30am	Opening Prayer	MC-Tangaroa	
		Welcome Remarks and Opening (MP for Tupapa - George Maggie)	Patrick	
		Overview of workshop objectives and outcomes	Bob	OHP, Workbooks, Laptop
	9.30 to 10.00am	morning tea break	Caterer	
	10.00 to 12.00	Understanding Elements and recognising of Anger, Hostility, Aggression	Bob	OHP, Workbooks, Laptop
		Our Biological responses to Anger - Expressions of Anger Diagram	Bob	OHP, Workbooks, Laptop
		Activities and Discussion -	Bob	Whitboard
		Lunch		Hot water urn
	1.00 to 2pm	Recap on morning session	Bob	OHP, Workbooks, Laptop
		Costs of Angry emotions - the Boiling point	Rick	OHP, Workbooks, Laptop
2.00 to 3pm	Effects of Violence and abuse	Rick	OHP, Workbooks, Laptop	
3-3.30pm	End of days activities - closing Prayer	MC-Tangaroa		
Day 2	8.30am	Housekeeping and Prayer	MC-Tangaroa	
	8.45am	Re-cap on previous days activities	Bob	OHP, Workbooks, Laptop
	9.00am	Punanga Tauturu Inc presentation	Nani	OHP, Laptop
	10.00am - 10.30am	Morning tea break		
	10.30am	Control mechanisms and understanding our responses - the safe cycle solution	Rick	OHP, Workbooks, Laptop
		Emergency control and Time out - Quick strategies for calmness	Rick	OHP, Workbooks, Laptop
		12.00-100pm lunch		
	1.00pm -3pm	Changing our Behaviour - tips and guides - the change cycle	Bob	OHP, Workbooks, Laptop
		Factors that increase the chances of success - the need to change and the change model	Rick	OHP, Workbooks, Laptop
3.30pm	Debrief and workshop evaluation	Bob	Evaluation forms	
	Closing Prayer and farewell	MC-Tangaroa		