



NEW HORIZON
COLLEGE OF ENGINEERING
New Horizon Knowledge Park, Ring Road, Marathalli
Autonomous College Permanently Affiliated to VTU, Approved by AICTE & UGC
Accredited by NAAC with 'A' Grade, Accredited by NBA

Quality Assurance and Skill Development Center

Training Report for Counsellors
on
Anger/ Stress Management
and
Counselling Techniques



Quality Assurance and Skill Development Center

organizes

Soft Skills Training for Counsellors

On

Anger/ Stress Management with

Counselling Techniques

Presented by

Dr. Glory Mercy C

HR Trainer (QASDC)



Executive Summary

- ❖ This report was prepared to provide management with the results of the recently completed two-hour training program conducted for Counsellors on March 27th, 2023 by the HR Trainer Dr. Glory Mercy C on Anger/Stress Management and Counselling Techniques. The implemented training plan harvested positive feedback from all the Faculty members from Counselling Department.
- ❖ The Counsellors learnt new skills and techniques to be implemented and enhanced confidence which resulted in managing day to day effectively.

Objectives

At the end of the session, the participants would be able to:

- ❖ Analyse their current effectiveness in terms of Counselling new learning techniques and to how to help the students manage Anger and stress Listening skills and interpersonal skills in day to day activities.
- ❖ Identify appropriate situations and techniques for Counselling.
- ❖ Help students to identify self-awareness, self-regulate their Stress and Anger Management.
- ❖ Recognize the factors that contribute to Counselling and building the students personal profile and impact.



Methodology

The Training was conducted in purely based on Activity trainings.

- ✓ Improve self-control; self-confidence, self-motivation self-awareness, self-regulation and social and relationship Management.
- ✓ Develop and maintain an optimistic mental attitude
- ✓ Thought control: control your mind, ease out the Stress with simple and easy techniques.
- ✓ Conversation control: Control your language and communication skills
- ✓ Use the Ultimate Success Formula for holistic Counselling

At the end of the session, the participants would better equipped to:-

- Be more aware of their own level of skills, motives, and new learning methodology and techniques which leads to holistic Counselling Skills.
- Learn to be unique and confident skills to manage students Counselling effectively
- Be acquainted to handle themselves and the students much efficiently.





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Glimpses of the Training

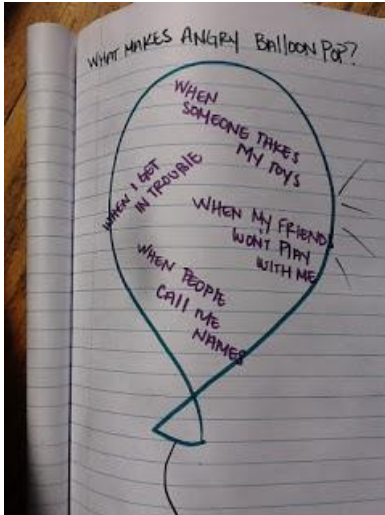




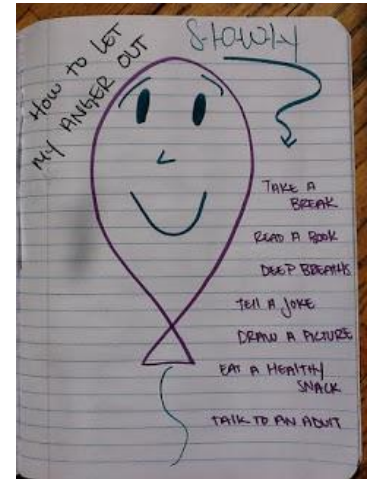
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Icebreaker One: Angry Balloon Activity



How to let anger go...

1. Blow up a balloon
2. While holding the balloon, talk to your client about the balloon representing their anger (or anxiety, etc.) and brainstorm with them what they think happens when those feelings build up.
3. Now the fun part! Either pop the balloon, or let go of the balloon. Talk about behaviour's associated when you let anger build up- tantrums, screaming, calling names, etc.
4. Blow up a balloon
5. While holding the balloon, talk to your client about letting the anger in the balloon out slowly. Review coping skills and anger management techniques while letting the air out of the balloon slowly. Help them understand the difference this made to the way the balloon did not pop or deflate and fly around, comparing this to how their behaviors would change.



Icebreaker Two:

How to Conduct a Simple Trust Fall

Activity Preparation

Equipment Required: Raised platform (elevation around 1-2 meters is ideal but can be done from Ground level)

Space Required: Minimal. Delivered either indoors or outdoors.

Group Size: 10 to 15 ideally.

Total Time: 20 mins

- 5 minutes brief and set up
- 10 minutes for everyone to try the challenge
- 5 minutes Review

Activity Brief Instructions

1. One person is selected (or volunteers) to try the challenge first. They stand on the raised platform, waiting for their teammates. The rest of the group should form 2 vertical lines facing each other on ground level.
2. The volunteer (faller) should stand with their back to the rest of the team, with their arms crossed.
3. A stable landing area should be provided by the rest of the team using their arms to protect the faller.
4. Once everyone is ready and in position, the volunteer should freely fall in the direction of the catchers.
5. The aim of the catchers is to catch the faller, so they may need to adjust themselves to ensure the volunteer lands safely in the landing area.
6. Once you have completed the first fall. Take time to discuss it with the group. Asking them how they found it? Allow all members of the team to take turns as the faller.

Suggested Learning Outcomes

- Increased Teamwork
- Initiative
- Greater Support and Trust
- Improved Comfort Zone with Team



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Feedback:

NEW HORIZON COLLEGE OF ENGINEERING

Quality Assurance and Skill Development Center

Anger/Stress/Counselling Techniques for Student Counsellors

Feedback Form

Date: 27-03-23

Time: 2-4 pm

1. Coverage of Concepts

<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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2. Examples and Explanations

<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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3. Pace of Training

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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4. Trainer's Preparation for the session

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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5. Interaction & Doubts Clarification

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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Comments/Suggestions

1-Below Average, 2-Average, 3-Good, 4-Best, 5-Excellent



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Feedback:

NEW HORIZON COLLEGE OF ENGINEERING Quality Assurance and Skill Development Center

Anger /Stress /Counselling Techniques for Student Counsellors

Feedback Form

Date: 27/08/2023

Time: 2 pm to

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2. Examples and Explanations

3. Pace of Training

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5. Interaction & Doubts Clarification

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Feedback Form

Date: 27/3/2023

Time: 2:00pm

1. Coverage of Concepts

 1 2 3 4 5

2. Examples and Explanations

 1 2 3 4 5

3. Pace of Training

 1 2 3 4 5

4. Trainer's Preparation for the session

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Attendance:

NEW HORIZON COLLEGE OF ENGINEERING
Quality Assurance and Skill Development Center
Soft Skill Training
Attendance Sheet

Anger /Stress /Counselling Techniques for Student Counsellors

Date: 27-03-23

Time: 2:00 to 4:00 pm

Sl.No	Department	Name	Mobile Number	Mail id	Signature
1.	Counselling	MANASA T. J	9448513396	manasatj.nhce@newhorizonindia.edu	
2.	Counselling	Rajna .R	9995031182	rajnar.nhce@newhorizonindia.edu	
3.	Counselling	Beechi B.	9987374704	bhavisayee.nhce@newhorizonindia.edu	
4.	Counselling	Pallavi .S	9964777068	PallaviS.nhce@newhorizonindia.edu	

Dean - QASDC



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Conclusion

The two-hour training session gave the NHCE Counselors more confidence to apply new learning in counseling, anger management, and stress management techniques. Additionally, it enables the counsellors to advise students on how to conduct themselves more responsibly.

Recommendations

The management has to plan more training for all of the counsellors in order to improve their performance and get greater recognition and awards.