

# Testimonials

“Mike offers not just better understanding; he offers solutions.” — V.S., Alaska



“The course is easy to understand in a non-condemning way.” — R.D., Arizona



“This is an effective method for finding peace.”  
— K.S., Arizona

“I realized my anger issues came out as hurt, apathy, or disappointment.” — A.B., Ohio

“It’s actually fun to practice the ABC method of resolving conflicts.”  
— C.D., Texas



“Really helped me understand myself.”  
— D.M., Florida



## Michael J. Speakman, L.I.S.A.C.

Known as **The Couples Coach**, Mike Speakman is a life coach and licensed substance abuse counselor who has dedicated his life to teaching people new attitudes toward anger, including how to use their anger in a life-affirming way. His expertise in anger education stems from his work in various treatment centers since 1988.

Mike developed his first anger management program in 1991 for the Salvation Army Adult Rehabilitation Center. Since then, he has developed and taught classes for the general public, both private and public agencies, high school and community college students, and the criminal justice system.

In 1996, Mike was named “Counselor of the Year” by the Arizona Association of Alcohol and Drug Abuse Counselors.

## Speakman Coaching & Consulting

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*Do you love your partner, but just wish you could argue less and get along more?*



# Why Couples Coaching?

What if, in 6 weeks, you knew you could learn to:

- Resolve conflicts sooner and more peacefully?
- Keep CALMER when others around you are angry?
- Turn frustration into empowerment?
- Identify and diffuse the 3 SOURCES of anger?
- Control the hidden element that DRIVES anger?
- Learn the secret of building TRUE patience?
- Help others deal with their anger in healthier ways?

You can learn all of this and more in our 6-week Anger Education Coaching Program for Couples. Make no mistake — you won't come out of the course and never get angry again, because anger is a natural part of our human makeup. You WILL, however, have new information and time-tested tools that will enable you to learn to talk with each other more openly and peacefully; work together to resolve long-standing conflicts; and understand the causes of overreactions and ways to stop them.



*Love does not begin and end the way we think it should. Love is a battle, love is a war, love is a growing up.*

— JAMES A. BALDWIN

THE ANGER EDUCATION COACHING PROGRAM FOR COUPLES is a 6-week program that utilizes Mike Speakman's workbook, *Healthy Expressions of Anger*. Individualized weekly sessions provide instruction to help both partners complete the workbook together. Face-to-face and phone sessions are available.

## READY TO GET STARTED?

For just \$95, Mike offers an introductory one-hour session, during which both partners can peruse the workbook, complete a few educational exercises, and decide whether to invest in the full program. At the end of the session, you can choose to:

- Pay for the session with no further obligation.
- Pay for the session and purchase the workbook for use on your own with no further obligation.
- Commit to completing the six-session program.

## STILL NOT SURE?

Take Mike's phone challenge. Call Mike and ask for a 5-minute, no-cost, no-obligation phone session. See if you can pose a challenging anger-related question he has not heard before.

# The Workbook

## HEALTHY EXPRESSIONS OF ANGER

### Table of Contents

One: The "True Nature of Anger"

Two: Anger and Your Life Goals

Three: A Deeper Understanding of Anger

Four: Basic Principles of Anger Education

Five: Anger Habits and the "Anger Log"

Six: Resolving Conflicts

Seven: Dealing With Resentment

Eight: Completion and Commitment

NOTE: The workbook also is available in versions for Christian Couples and Recovering Couples.

**Call and  
schedule  
your no-  
obligation  
consultation  
TODAY!  
602/765-4931  
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