

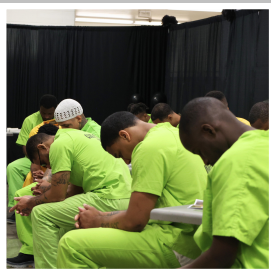


Dr. J. Sebastian Anderson

Founder of Anderson Training Institute

This media kit aims to introduce Anderson Training Institute's specialized anger management and parenting classes to sheriff's offices across Georgia.

Anderson Training Institute employs a proven teaching method designed to significantly reduce recidivism among incarcerated individuals.



Program Offerings

Anger Management, Co-Parenting, Parenting, and Social Emotional Learning (SEL) for sheriff's offices across Georgia.



Videos

Gain insights into Anderson Training Institute's transformative work through our videos, showcasing effective mediation techniques and anger management strategies in prison settings.

Scan QR Code:



The complete education gives one not only the power of concentration, but worthy objectives upon which to concentrate.



ANDERSON TRAINING INSTITUTE

<https://andersontraininginstitute.org>

MEDIA KIT

Dr. J. Sebastian Anderson

FOUNDER OF ANDERSON TRAINING INSTITUTE

For interview requests, additional information, or media inquiries, please contact Dr. Anderson:

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Anderson Training Institute: Empowering Lives, Transforming Communities



Anderson Training Institute (ATI) is a pioneering education company dedicated to fostering personal growth through comprehensive strategies. With a focus on *Parenting, Co-Parenting, Anger Management, and Social-Emotional Learning (SEL)*, we offer tailored training solutions for law enforcement organizations, detainees, and civilians. ATI was founded by **Dr. J. Sebastian Anderson**, a visionary and catalyst for change. Dr. Anderson is a Certified National Counselor, trainer, and mentor with more than 40 years of experience serving urban communities.

At Anderson Training Institute, we believe that empowering people with the right information will contribute to a more equitable society. Participants in our educational programs are equipped with practical skills that inspire meaningful lifestyle improvements. We address deep-seated beliefs of unworthiness and feelings of inadequacy, and nurture self-awareness, emotional intelligence (EQ), and overall well-being. Our goal is to create a lasting positive impact on everyone we teach.

Whether its fear of rejection or unresolved childhood trauma, ATI can help individuals overcome negative life experiences to become the cornerstones their families and communities so desperately need.

Programs



Anger Management

- Learn practical strategies to control anger in a safe and supportive environment
- Explore triggers and relaxation techniques
- Gain communication and decision-making skills
- Develop tools for stress management and emotional regulation
- Improve relationships through self-awareness, self-management, and social awareness
- Empower oneself with insights and skills for positive behavioral change

Parenting/Co-Parenting

- Equip oneself with essential tools for nurturing children from afar
- Explore effective communication and discipline strategies for maintaining family bonds during separation
- Gain insights into child development and coping mechanisms
- Foster resilience and strengthen parental relationships
- Prepare to navigate challenges and support your child's well-being



Dr. Anderson Media Links-Press

Visit our website at AndersonTrainingInstitute.org to stay up-to-date with the latest press releases, interviews, and media coverage of **Dr. J. Sebastian Anderson and Anderson Training Institute**. The information below is an archive of articles and mentions in prominent media outlets that showcase our contributions to rehabilitation and reintegration.



QR Codes (Press) featuring Dr. Anderson:

- **11 Alive Article – Breaking the cycle: Cobb County Jail program gives inmates skills to be better parents**



- **Instagram: Cobb County Sheriff's Office**



- **11 Alive: Cobb County incarcerated parents learning to be better for their families through program**



- **11 Alive Article – Graduation Day: Inmates graduate from program teaching them to be better parents**



FOR INTERVIEW REQUESTS, ADDITIONAL
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