

About Us

Conflict Coaching and Consulting, PLLC is a leading provider of anger management & conflict coaching. We deliver anger management classes, anger management assessment, couples conflict classes and conflict coaching in our Charlotte, North Carolina office or to a nationwide clientele through advanced video conferencing technology. Our founder, Carlos Todd, is a Licensed Profession Counselor and a Certified Anger Management Facilitator. He is a sought after expert on anger and conflict management, yet he still shares his expertise freely through the company blog www.angeronmymind.com. Mr. Todd is supported by a team of licensed mental health professions with several decades experience in the industry. The company website www.masteringanger.com is the most innovative anger and conflict management website on the internet.



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What we offer

Anger Management Classes

Our anger management classes are facilitated both online and in our Charlotte, North Carolina office. Our most popular classes are the one day classes which are held twice per month on Sundays. Classes can be scheduled through our website. For individual seeking more than eight hours of anger management we make special arrangements.

Conflict Coaching

Conflict Coaching is offered to individuals who seek to address anger and conflict management away from the group setting. These interventions can be delivered in our charlotte office or through video conferencing nationwide. All conflict coaching client receive interventions that address stress management, communication skills, emotional competence, resiliency, conflict styles and negotiation.

Organizational Training:

All training is tailored to the needs of the organizational. Our focus is on providing interventions in conflict resolution and emotional intelligence.

Please call 704-804-0841 for details