

Understanding—and Even Appreciating—Anger as Women

January 31, 2017 (3:30-4:45 p.m.)
SC 206ab, Sorensen Center, Utah Valley University

Speaker

Dr. Deanna Geddes

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Description: Anger is often misunderstood and feared, especially by women. Rather than universally negative, however, anger is a critical emotion for civil society. When we express our anger, more often than not we are trying to convey that we—or relevant others—were hurt or negatively impacted by the offenders' actions. When not a consistent practice (or reflecting a personality trait), anger expression often includes the goal of trying to correct a perceived wrong. This emotion then serves valuable functions by alerting us to violations of ethical and social norms, including injustices and inappropriate behavior. Many myths exist about anger, which Dr. Geddes will help to debunk. She will also address gender differences regarding how anger is expressed and perceived. Dr. Geddes will help women understand how to not fear anger in others, and to use their own anger more effectively to strengthen relationships and enhance personal and professional effectiveness. She will also discuss how understanding and managing anger can strengthen leadership skills and effectiveness for women.

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Bio: Dr. Deanna Geddes received her PhD from Purdue University, and her MA/BA from Brigham Young University. Her teaching mission statement is to help students “think new thoughts in ways that enhance their professional and personal lives.” Dr. Geddes’ work on anger has been featured on NBC Nightly News and several major media outlets, including the *Wall Street Journal*, *New York and Los Angeles Times*, *Chicago Tribune*, and the BBC. Her studies and research models appear in the *Academy of Management Review*, *Academy of Management Learning and Education*, *Journal of Organizational Behavior*, *Human Relations*, *Journal of Business Ethics*, and *Management Communication Quarterly*, among others. She is the recipient of several teaching honors and has served as a management consultant to government, financial, pharmaceutical, insurance, and retail corporations.

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