



This College Africa Group course will enhance the user's skills on the subject and teaches fundamentals as well as strategies in an easy to follow, easy to understand format and includes practical exercises which will assist in developing your skills in the workplace.

## COURSE OUTLINE - Stress That Motivates, Revised Edition

**Course Number:** AXO84–102

**Days:** Self–study

**Description:** Stress is an inevitable part of life. There are many books out there that seek to eliminate stress, but what about putting stress to work instead? Stress That Motivates introduces readers to this revolutionary way of thinking through "self–talk secrets" and insights that will not only help them recognize their stress triggers but will motivate them to consciously change the way they think and react to stress. The revised edition of this bestselling book provides added guidance for practicing the Stress That Motivates system through revised case studies and Dru Scott's Quick–Start Set of Reinforcements. The expanded first half also includes a new toolkit for self–motivation in stressful situations.

## Topic-Level Outline

### **Part 1: The Big Connection Between Stress, Motivation, and Self–Talk**

Putting the Big Connection to Work for You  
Book Overview  
The Strategy–Mental Background Music  
The Major Cause of Stress  
The Impact of Belief System on Stress  
Tool 1: A Checklist for Your Priorities  
Tool 2: A Diagram to Speed the Improvements You Want  
Tool 3: A Quote List that Sounds the Stress–Warning Buzzer  
Tool 4: A Story to Stimulate Your Success

### **Part 2: What They Didn't Tell You About Stress and Motivation**

The Accumulation of Stress  
Stress Factors  
motivation–A Strong Sense of Directions Cuts Stress

### **Part 3: Purposeful Self–Talk: A Great Place to Start**

The Power of Purposeful Self–Talk  
Stress from Downers and Drainers  
Adding Motivation with Lifters and Leaders  
Three Important Questions About Self–Talk

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#### **Part 4: Stress Reduction: The Self–Coaching Process**

What If Others Are Causing Your Stress?  
Coach Talk

#### **Part 5: Procrastination and Motivation: Four Great Techniques**

Talking Yourself Out of Procrastination  
Technique 1: Grab 15  
Technique 2: Do the Toughest Top Priority First  
Technique 3: Keep Your Stimulation and Excitement Quota Full  
Technique 4: Face Up to the Feeling

#### **Part 6: Mega Motivation with Pictures of Excellence**

We Are Motivated by What We Are Missing  
Motivational Power with Pictures  
Three Success Secrets

#### **Part 7: Reinforcements that Work**

The Right Reinforcement for You  
Self–Talk Traps and Safeguards Fine–Tuning Your Mental Background Music  
As Destructive as Sticks and Stones  
Reinforcements that Encourage

#### **Part 8: Persistence, Pictures, and a Happy Ending**

Barbara's Success Story

#### **Part 9: The Seven–Day Quick Start**

Seven–Day Quick Start–Shortcut to Success  
Success Tips  
Dru Scott Quick–Start Set of Reinforcements  
Additional Reading

## ABOUT US

Established as EasyExcel, the company has been re-branded as College Africa Group. College Africa Group has been in operation since 2003 and has trained many corporate and professionals throughout Southern Africa. (For more info click here.) (<http://www.collegeafricagroup.com>)

## ACCREDITATION

College Africa Group is MICT SETA accredited and a Microsoft Partner. College Africa Group has more than 30 years' experience in Financial, Sales, Operations, Marketing and Administration Directorship and understands the problems and deadlines you face.

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Excel Intermediate 2013 [Ebook](#), workbooks, and solutions.  
Excel Advanced 2013 [Ebook](#), workbooks, and solutions.  
Excel comprehensive online courses, email for more details.



## CONTACT DETAILS

Arnold Muscat  
Direct 083 778 4903  
Email: [sales@collegeafricagroup.com](mailto:sales@collegeafricagroup.com)  
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