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**Microsoft®**  
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Partner

**isett seta**  
COMMITTED TO SKILLS DEVELOPMENT IN THE ICT SECTOR  
Accreditation No.: ACC02 000 077

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# Motivation: Identifying, Planning, and Implementing + CertBlaster & CBT

ISBN: 1423951654

Days: 1

Prerequisites: None

### Description:

In this ILT Series course, rated 4.9/5.0 in overall quality by ProCert Labs, students will discuss the foundations of motivation. They will examine motivating and demotivating factors as well as negative thoughts. They will also discuss motivation theories and the benefits of motivation. Students will examine the concept of having a Positive Mental Attitude, and how they can work towards a PMA in their lives. During this course, students examine in detail the fundamentals of the core four known as good health, life-long learning, effective communication, and good organization skills. Finally, students will discuss the motivation process and how they can work towards reaching their peak performance. Comes with CertBlaster software (download) and a companion CBT program.

### Topic-Level Outline

#### Unit 1 : Basics of motivation

Topic A: \* Overview of motivation

- A-1: Identifying motivating and demotivating factors
- A-2: Discussing automatic negative thoughts
- A-3: Developing your motivation

Topic B: \* Overview of the motivation process

- B-1: Discussing the motivation process
- B-2: Discussing the benefits of motivation
- B-3: Discussing motivation theories

#### Unit 2 : Positive mental attitude

Topic A: \* Self-confidence

- A-1: Discussing positive attitudes and self-esteem

Topic B: \* Overcoming your fears

- B-1: Discussing ways to overcome your fears

Topic C: \* Perception and reality

- C-1: Discussing perceptions and relaxation
- C-2: Developing your PMA strengths

#### Unit 3 : The Core Four

Topic A: \* Health

- A-1: Identifying life stressors
- A-2: Discussing exercising for life
- A-3: Discussing healthy eating
- A-4: Practicing deep breathing
- A-5: Identifying health concerns

Topic B: \* Competence

- B-1: Discussing negative self-talk
- B-2: Stepping out of your comfort zone
- B-3: Identifying competency strengths

Topic C: \* Relationships

- C-1: Identifying your support group
- C-2: Identifying relationship strengths

Topic D: \* Organization

- D-1: Prioritizing activities
- D-2: Identifying tasks you put off doing
- D-3: Grouping tasks into batches
- D-4: Improving your organization skills

#### Unit 4 : The motivation process

Topic A: \* Identify and plan

- A-1: Identifying obstacles and solutions
- A-2: Identifying your goals and the required tasks

Topic B: \* Implement and evaluate

- B-1: Evaluating your progress
- B-2: Choosing how to get started

#### Unit 5 : Using what you've learned

Topic A: \* The implementation phase

- A-1: Recording ideas from satori moments
- A-2: Committing to improvement

Topic B: \* Resources and reading suggestions