

Stress Relief Practitioner Course Syllabus

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Practitioner Course Facebook Group: TBD

Course Objective:

To help the student practice and master stress relief techniques and implement a long-term and impactful personal goal as a result of reducing their stress. Students will receive a course certification upon completion of all assignments.

Key Takeaways:

As a result of this program, students will:

- Understand the negative effects of stress long-term
- Get a baseline reading on their current stress through a third-party diagnostic tool
- Practice several stress relief techniques and decide on their “go-to” tools that work best for them
- Develop a SMART goal for achieving success in their career, finances, physical health or relationships
- Take a post-course stress diagnostic to compare to their baseline reading

Book: LIGHTEN Your Day: Fast, Easy and Effective Stress Relief For When Sh*t Happens by Professor Pete Alexander
(Print, Electronic or Audio Version)

Weekly Schedule:

Week	Dates	Topic	Objectives	Assignments
One		Stress Overview	<ul style="list-style-type: none"> • Define stress • Review negative consequences of stress • Introduce stress diagnostics • Describe the LIGHTEN™ Model • Review SMART goals 	<ul style="list-style-type: none"> • Read Chapters 1-2 • Complete one of the assigned stress diagnostics • Decide which area of your life will be the focus of your SMART Goal • Attend weekly Mastermind live call • Participate in discussion questions
Two		Livelihood/Career	<ul style="list-style-type: none"> • Review techniques specific to your livelihood/career 	<ul style="list-style-type: none"> • Read Chapter 3 • Try at least two techniques from the chapter • Attend weekly Mastermind live call • Participate in discussion questions
Three		Imagination/Active Mind	<ul style="list-style-type: none"> • Review techniques specific to your imagination or active mind 	<ul style="list-style-type: none"> • Read Chapter 4 • Try at least two techniques from the chapter • Attend weekly Mastermind live call • Participate in discussion questions

Four		Genius/Unconscious Mind	<ul style="list-style-type: none"> Review techniques specific to your genius or unconscious mind 	<ul style="list-style-type: none"> Read Chapter 5 Try at least two techniques from the chapter Attend weekly Mastermind live call Participate in discussion questions
Five		Physical Health	<ul style="list-style-type: none"> Review techniques specific to your physical health 	<ul style="list-style-type: none"> Read Chapter 6 Try at least two techniques from the chapter Attend weekly Mastermind live call Participate in discussion questions
Six		Time	<ul style="list-style-type: none"> Review techniques specific to the time you have available 	<ul style="list-style-type: none"> Read Chapter 7 Try at least two techniques from the chapter Attend weekly Mastermind live call Participate in discussion questions
Seven		Environment	<ul style="list-style-type: none"> Review techniques specific to your environment 	<ul style="list-style-type: none"> Read Chapter 8 Try at least two techniques from the chapter Attend weekly Mastermind live call Participate in discussion questions
Eight		Network of Relationships and Completion of Course	<ul style="list-style-type: none"> Review techniques specific to your network of relationships 	<ul style="list-style-type: none"> Read Chapter 9 Try at least two techniques from the chapter Attend weekly Mastermind live call Participate in discussion questions Complete your post-course stress diagnostic Schedule 1-to-1 call with Professor Pete Complete course evaluation Receive course completion certificate