



Growth Mindset

It is widely accepted that the key to success, however you may define it, is having a growth mindset. This course will equip delegates to recognise where their mindset is fixed and give them the knowledge to ensure they switch to and stick with a growth mindset.

Module 1 Introduction to Growth Mindset

- What is a growth mindset and how does it differ from a fixed mindset
- The importance of having a growth mindset for learning, development and success
- Key principles of growth mindset: embracing challenges, persevering, viewing failure as feedback, effort over innate ability

Module 2 Developing Perseverance

- Strategies for sticking with tasks even when they become difficult
- Understanding that ability grows with effort
- Reframing obstacles as opportunities for growth
- Cultivating grit and resilience

Module 3 Embracing Challenges

- Viewing challenges as opportunities to learn and grow
- Developing self-confidence to take on challenges
- Setting stretch goals for growth
- Managing negative self-talk when facing challenges

Module 4 Giving and Receiving Feedback

- Providing constructive feedback focused on growth and improvement
- Receiving feedback openly without being defensive
- Using feedback to set goals for development
- Giving feedback frequently to encourage growth

Module 5 Applying a Growth Mindset

- Identifying fixed mindset triggers and reframing them with a growth mindset
- Developing an individual growth mindset plan
- Committing to concrete actions to apply a growth mindset

Module 6 Wrap Up and Action Planning

- Q&A and review of key principles
- Goal setting and action plan for continuing to apply a growth mindset