



# Growth Mindset

## Course Description

Fascinating research reveals that having a growth mindset is the most highly correlated factor in success—higher than intelligence, education, and talent. In this workshop, we investigate the fascinating research around a growth mindset and learn proven methods of acquiring one.

## Outcomes:

- The ability to keep going when things get tough
- The ability to bring a growth mindset to those around you



## Course Outline

- Recognize how a growth mindset is tied to success and how a fixed mindset holds us back
- Concrete insights you can use to adjust your mindset when you meet challenges
- Leverage the science of neuroplasticity—brain development—to change the way you think
- Learn how to nurture a growth mindset and how to bring it to others