



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 both how and when to implement a growth mindset.

Outcomes:

- How does a growth mindset benefit me?
- Practical applications of a growth mindset.
- What gets in the way of utilizing a growth mindset?
- Identify when it is advantageous to use a growth mindset.

Course Outline

- Growth vs. Fixed Mindset
 - How a fixed mindset holds you back
- How to achieve a growth mindset
 - Three attitude changes
 - Four action/behavior changes
- Myths and Misconceptions of Growth Mindset
 - Growth mindset is more than just a positive attitude
- Applying Growth Mindset through a lens of self-efficacy
 - Determine if using a growth mindset is advantageous