

# Reimagine With A Growth Mindset

GRW

*“Great is something you become, not something you are” – wise words from unknown great minds.*

“In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. ... This view creates a love of learning and a resilience that is essential for great accomplishment.” – Carol Dweck

Leveraging the growth mindset allows us to help adults (and children) understand how hard they have worked, what they have learned, and how to grow from the experience. The growth mindset promotes learning from our mistakes and using them as springboards to success.

## Target Audience

This course will benefit all leaders or individual contributors in corporate organizations, professionals, entrepreneurs and business owners who want to develop the mindset for continuous learning and growth, which leads to sustainable success.

**Pre-requisite:** None

## Duration

4 hours

## Course Topics

- Growth vs Fixed Mindsets defined
- The importance of leaning towards the Growth Mindset
- Identify Fixed Mindset
- Strategies to practice the Growth Mindset approach

## Objectives

This course equips participants with practical techniques to:

- Identify the impact of the Growth Mindset in personal and professional lives
- Understand the difference in outcomes between Growth and Fixed Mindsets
- Identify Fixed Mindset behaviors and triggers
- Practice strategies to lean towards the Growth Mindset

## Desired Outcomes

- Increase individual effectiveness and performance
- Build confidence and resilience in facing challenges
- Develop a learning attitude towards every mistake or failure
- Motivate continuous self development