

DEVELOP A GROWTH MINDSET FOR SUCCESS COURSE OUTLINE	
<b>COURSE CONCEPT</b>	<p>Our mindset is powerful. It controls our attitude and our behaviour. There are two mindsets we can navigate life with: growth and fixed. When faced with change, our natural tendency is to resist and cling to the familiar. This is known as a <i>fixed</i> mindset that can prevent us from reaching our full potential. A <i>growth</i> mindset is an approach to life in which individuals believe their talents, intelligence, and abilities can be developed further. People with a growth mindset seek opportunities to learn, gain new skills, and enhance their existing skills.</p> <p>To achieve our goals, we must be willing to embrace change and adapt to new circumstances. A growth mindset is based on the belief that we can learn, develop, and grow through effort and perseverance.</p>
<b>AUDIENCE</b>	For individuals who are experiencing change and are looking at developing a growth mindset for success.
<b>AIM</b>	Develop a growth mindset to approach life as a learning experience to learn from each situation and challenge, and gain insight.
<b>COURSE CONTENT</b>	<ul style="list-style-type: none"> <li>• Define and understand a Fixed vs Growth Mindset</li> <li>• Twelve techniques to develop a growth mindset</li> <li>• How to develop a growth mindset through activities</li> <li>• Benefits of developing a growth mindset</li> <li>• Growth mindset affirmations</li> </ul>
<b>LEARNING OUTCOMES</b>	<p>Upon completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Distinguish between a Fixed vs Growth Mindset, the characteristics of each and the approach to life</li> <li>• Identify and apply the twelve techniques to develop a growth mindset</li> <li>• Develop and action a growth mindset through activities and affirmations</li> </ul>
<b>LEARNING ACTIVITIES</b>	<p>The <b>online</b> course consists of the theory with a range of interactive activities that include:</p> <ul style="list-style-type: none"> <li>• Individual exercises</li> <li>• Self-assessments</li> <li>• Reflective practices</li> <li>• Growth and challenge interactive activities</li> <li>• View videos with reflections on your learning</li> <li>• Write an Action Plan to achieve your career goals</li> </ul>

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<b>DURATION</b>	Self-paced learning, approximately 2 hours
<b>ADDITIONAL PROFESSIONAL DEVELOPMENT</b>	If you have specific and challenging issues, we can further assist with optional coaching sessions in a one-to-one or in a small group session.
<b>FURTHER INFORMATION</b>	<a href="http://careercoaching.training">careercoaching.training</a> <a href="mailto:hello@careercoaching.training">hello@careercoaching.training</a>

