



Growth Mindset

Workshop Duration: 2 days (12 hours)

With today's rapidly evolving business landscape, adaptability and resilience are essential for success. A growth mindset fosters these qualities by empowering individuals to embrace challenges, persist through setbacks, and continuously learn and grow. This workshop will equip individuals and leaders with the tools to develop and nurture a growth mindset within their teams, unlocking new levels of performance and personal well-being.

Overview

Participants will examine the foundational principles of growth mindset and acquire practical strategies for implementation. Through real-life examples and engaging activities, individuals will gain insights necessary to foster a culture of growth mindset within their organisation. They will discover how to empower teams to embrace challenges, learn from setbacks, and continuously evolve towards excellence.

Approach

The workshop emphasises active engagement and practical application of concepts. Through group discussions, real-life case studies, and hands-on activities, participants will be equipped with the tools needed to cultivate a culture of growth mindset. By connecting principles directly to their own experiences, they will develop a well-defined understanding of growth mindset and the confidence to integrate these principles effectively in their personal and professional environments.



Understand the concept of growth mindset and its impact

- Understand how a growth mindset contributes to consistent high performance and personal well-being.
- Unpack the implications of a growth mindset beyond individual achievement, including its role in fostering innovation, resilience, and adaptability within teams and organisations.

Explore the characteristics of growth mindset

- Analyse case studies and stories of individuals who have demonstrated growth mindset characteristics such as resilience, passion, and persistence.
- Evaluate own mindset and develop action based strategies for cultivating these characteristics within oneself and others.
- Identify common barriers to adopting a growth mindset and explore strategies for overcoming these barriers.

Apply different growth mindset strategies

- Explore and apply different tools for developing a growth mindset and creating a growth mindset environment – in one's personal and professional life.
- Embrace and cultivate growth mindset conversations.

Set meaningful goals and take ownership

- Learn techniques for setting SMART goals aligned with personal and organisational objectives.
- Understand the importance of accountability and taking ownership of one's growth and development.
- Explore strategies to cultivate resilience by reframing setbacks.

Testimonials ★ ★ ★ ★ ★

"It was indeed fruitful to have someone push your limits to think critically while keeping an open mind."

"The tools and techniques of growth mindset were new to me and have proven to be really helpful."

"Participating in the introspective and thinking exercises gave me the opportunity to better map out action points and be clearer on what is required of me to address a situation."

"This will help me to apply the concepts in my team and also help to influence peers and leaders around me."



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