

COURSE TITLE:

Mindset Awareness

Cultivate the skill of being aware of mindsets and mindstates to tackle problems like a pro.



DESCRIPTION

Our thoughts and beliefs often act as filters, shaping how we approach our work and the challenges we face. These mental lenses can either enable us to work in a flow state or leave us stressed and overwhelmed. This session is designed to empower you to examine and understand these lenses. By recognizing the mindset we bring to our tasks, we create the opportunity for profound changes in how we engage with our work. You'll learn strategies to identify your current mindstate and mindset, learn to "reset" your mindstate, and develop the ability to swap these lenses, allowing you to work more effectively and with less stress.

 90 MINUTES | VIRTUAL OR LIVE

OBJECTIVES



UNDERSTAND

Understand and identify mindsets and mindstates



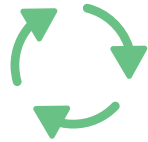
UNPACK

Unpack a stressful reaction to a new challenge by understanding how they are thinking about the challenge



FOCUS

Do a "mindstate reset" by focusing on physical sensations



CYCLE

Begin to cycle through different mindsets

THE FLOW

INTRODUCTION & CONTEXT

Our goal is to help you recognize and shift your mindstates and mindsets

5 MIN

WARM UP: REACTING TO BLOCKS

Reacting to Blocks – Noticing how we respond to barriers or hearing ‘no’

10 MIN

IDENTIFYING YOUR MINDSET

Do some investigation into how we are looking at a challenge

5 MIN

RESET YOUR MINDSTATE

Bring attention to physical sensations and let go of thoughts

20 MIN

NOTICING MINDSTATES

Go inward and see how we are feeling

10 MIN

COGNITIVE (RE)APPRAISAL

The research behind how we can reinterpret situations

10 MIN

DIFFERENT PERSPECTIVES

Come up with and apply an alternative mindset around a challenge

20 MIN

CLOSE & REFLECT

Participants identify at least one element of the workshop they can incorporate into their work

10 MIN

- Pair it with Having a Growth Mindset to take it to the next level
- Combine this topic with Overcoming Your Inner Critic for a longer session
- Customize the exercises with specific challenges participants might be facing (for example, seasonal stressors, a recent change, loss of a beloved leader, etc.)

EXPAND IT