

COURSE TITLE:

Having a Growth Mindset

Ready to ditch the culture of perfectionism and view every challenge or setback as a learning opportunity? Learn how to lean into curiosity and disrupt rigid thinking so you can fast track growth



DESCRIPTION

In the era of Google and AI, not having all of the answers immediately at the ready can feel like a setback. Often, these setbacks, challenges, and mistakes can make us feel overwhelmed, yet these are the perfect opportunities to develop our growth and resilience muscles. Ready to flex? Learn powerful tactics to push back against the systems that keep you constrained and extend your influence across your team. This workshop will help you shift from an approach of perfectionism and fear to brave experimentation and curiosity as you learn how to get energized by change and motivated by challenges.

 90 MINUTES | VIRTUAL OR LIVE

OBJECTIVES



LEARN

Learn to identify a fixed versus growth mindset and when to use each



BUILD

Build techniques to shift into a growth mindset, and foster it in others



DISRUPT

Employ strategies to disrupt systemic rigidity and become a more flexible and resilient problem solver



NAVIGATE

Approach missteps with a learning mindset to move toward high performance

THE FLOW

INTRODUCTION & CONTEXT

Our goal is to help participants understand benefits of a growth mindset and give them tools to build flexibility and positivity in challenging times

5 MIN

WARM UP: GOING ON A FIELD TRIP

Participants solve a random riddle by learning through errors

10 MIN

SHIFTING OUR MINDSET

Participants examine their reactions to a workplace challenge and develop techniques to shift reactions from fixed mindset to a growth mindset

20 MIN

PUSHING BACK AGAINST PERFECTIONISM

Participants work in small groups to practice curiosity and explore the role of failure in reaching success

15 MIN

PULSE CHECK

Participants self-assess where they fall on a growth vs. fixed mindset and examine which workplace practices support each one

10 MIN

BUILDING THE TOOLKIT

Participants review 6 tactics for building a growth mindset and work with a partner to practice applying one technique to a challenging area of work

25 MIN

CLOSE & REFLECT

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

5 MIN

EXPAND IT

- Problem Solving Techniques
- Overcoming Your Inner Critic
- Being Adaptable