



Turn challenges, obstacles, and feedback into opportunities to **grow and learn**.

 **The Experience**

A mindset is a way of thinking, shaped by attitudes and opinions, that guides and influences the actions you take. If a person can bring different thoughts to a situation, if they can shift their mindset, then they can impact their feelings and behaviors creating new and more effective results. A growth mindset is the belief that skills and behaviors can be cultivated through effort. With this mindset, challenges, obstacles, and feedback become an opportunity to learn and grow.

Participants will engage in a variety of experiential activities, discussions, group work, and individual reflection. They will build awareness of and gain practical insights into growth mindset and learn how they can shift their thinking to take on a new perspective. They will interact with the concept of growth mindset through the lens of real-world scenarios specific to their organization.

45% of leaders say coaching to support team member success is the **most important action** they can take to demonstrate a growth mindset.

 **Growth Mindset**

Cultivate the Critical Skills and Behaviors to Shift Your Thinking

The Approach:

- **Identify growth mindset in current behaviors.**
Growth mindset is not just a theory; it is something we display in varying degrees across contexts.
- **Connect growth mindset to real-world scenarios.**
Evolving organizational contexts demand the ability to adapt and adjust; growth mindset provides the tools to do so.
- **Develop a simple trigger-behavior-reward action plan for reinforcing growth mindset habits on the job.**
Growth mindset is displayed through concrete behaviors; behaviors become habits with the proper approach.

Outcomes:

- Deep understanding of growth mindset, fixed mindset, and the behaviors that define each
- Skilled application of growth (vs. fixed) mindset to real-world organizational change and ambiguity
- Action plan to create behavioral habits around growth mindset

Duration | This course is available in a 2-hour virtual agenda.

Target Audience | Individual contributors to senior leaders.

Class Size | This course is designed for up to 20 participants.

- • • Offer your leaders the opportunity to learn and grow by **maximizing their skills and changing their behaviors.**

For more information about **Growth Mindset**, please visit www.gpstrategies.com.



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