

Growth Mindset

The Growth Mindset webinar is designed to help participants understand how shifting their perspective can lead to greater resilience, learning, and success. The webinar will cover four key strategies. Expect interactive discussions, practical techniques, and reflection exercises to help you apply a growth mindset in both personal and professional life.

Snapshot

Duration: 90 minutes

Course Outline

- Understanding Growth Mindset
- Four Key Strategies to Develop a Growth Mindset
 - Emotionally Regulate
 - Seek Feedback Actively
 - Embrace Challenge
 - Re-focus on the Future