

# GROWTH MINDSET

## WHAT IS IT ABOUT?

A growth mindset, coined by psychologist Carol Dweck, emphasises the belief that intelligence and abilities can be developed through effort and perseverance, as opposed to being fixed traits.

This mindset is crucial as it fosters resilience, motivation, and a passion for learning. It empowers individuals to embrace challenges, view failures as opportunities for growth, and ultimately reach their full potential.

In essence, the growth mindset promotes a culture of continuous improvement and achievement.



## WHAT WILL YOU LEARN?

- Understand the principles and concepts of a growth mindset versus a fixed mindset.
- Recognise the impact of mindset on learning, performance, and personal development.
- Identify and challenge fixed mindset beliefs and self-limiting thoughts.
- Develop strategies to cultivate and maintain a growth mindset in oneself and others.

## MINDSET MATTERS

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CURIOSITY



## WHOM IS IT FOR?

Anyone eager to embrace challenges and unlock their full potential through a growth mindset approach.

## METHODOLOGY, TOOLS, TECHNIQUES TAUGHT

- **Self-Reflection:** Reflect on beliefs, attitudes, and behaviours about intelligence, abilities, and learning.
- **Cognitive Restructuring:** Challenge and reframe negative or fixed mindset thoughts towards growth-oriented perspectives.
- **Feedback Seeking:** Actively seek feedback for learning and growth, overcoming fear of criticism or failure.
- **Growth Mindset Language:** Use language that emphasizes effort, strategies, and learning over innate abilities or talent.

Learning for the curious

