

DEVELOPING A GROWTH MINDSET

BY EDWIN SIM

BACKGROUND

In 2006, Carol Dweck made popular the concept of the Growth vs. Fixed mindset, with her pursuit of differentiating the successful people in life from those who were less so. Her study led her to discover that the successful people had a mindset that was completely the opposite of those who feared facing challenges and even failure.

Through this informative and self-reflecting workshop, participants will challenge themselves and learn how to shift their mindsets and develop a growth mindset that will eventually help them to be more effective leaders in their teams and organisations.

LEARNING OBJECTIVES

By the end of the workshop, participants will learn to:

- Understand how mindsets affect one's performance and attitude
- Identify the mindsets that they currently have
- Reframe their mindsets to one that is more growth-oriented and change-ready
- Increase one's self-efficacy using a strength-based approach

CONTENTS COVERED

- **The Power of Mindsets**
 - Introduction to mindsets & how they affect performance and outcomes
 - The construct of the Growth & Fixed Mindset
 - Self-assessment: Mindset Check-up
- **Developing a Growth Mindset**
 - Shifting mindsets
 - Reframing exercise
- **Leading Change**
 - The VUCA world
 - Embracing change
- **Dealing with Challenges**
 - Concept of Flow (Mihaly Csikszentmihalyi)
 - Challenge vs Skills
 - The learning zone

BUSINESS FUTURE

C O N S U L T I N G

- **The Psychology of Strengths**
 - Why leverage strengths
 - Finding and applying your strength

LEARNING METHODOLOGY

- Group discussions
- Experiential activities
- Self-assessment tool (VIA Character Strengths)*
- Real-life workplace discussion
- Facilitator-led sharing

*If other self- assessment tool is preferred, it may be subject to additional fees payable for each participant.

TARGET AUDIENCE

Suitable for all executives and managers to reframe and develop their mindsets for better performance and attitude.

WORKSHOP DETAILS

Duration : 2-day
Time : 9 am to 5 pm
Venue : Held at client's premises or any other meeting venue

For further enquiries, please contact us at:-

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