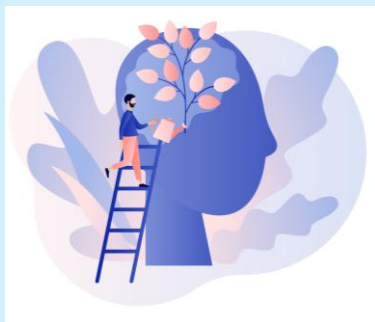




Format:
**Webinar, Keynote,
or Workshop**

Duration:
60–180 Minutes



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Cultivating a Growth Mindset

Session Overview

Get ready to dive into the groundbreaking research of Dr. Carol Dweck that has transformed the way we think about success and human potential. This session explores the powerful difference between a **fixed mindset**—the belief that intelligence and abilities are set in stone—and a **growth mindset**, the empowering idea that with effort, learning, and resilience, we can grow our talents and unlock new possibilities.

Science has shown that the mindset we choose shapes not only our achievements, but also our happiness, grit, and overall well-being. The best part? A growth mindset isn't something you're born with—it's something you can *cultivate*.

If you want to thrive in today's ever-evolving world, this mindset is your secret weapon.

Learning Objectives

After this session, participants will be able to:

- Assess their own mindsets using an included self-scoring assessment
- Differentiate growth and fixed mindsets
- Utilize seven key skills to cultivate a growth mindset
 - Skill #1: Reframe thoughts
 - Skill #2: Upgrade your language
 - Skill #3: Focus on effort, not results
 - Skill #4: Stop comparing
 - Skill #5: Cultivate your purpose
 - Skill #6: See feedback as a gift
 - Skill #7: Be willing to be wrong