

## DEVELOPING A GROWTH MINDSET IN CHALLENGING TIMES 1-HOUR ONLINE CLASS WITH A MASTER TRAINER

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**COURSE LENGTH: 0.1 DAYS**

This high energy, 1-hour online workshop teaches a powerful set of tools curious, innovative growth mindset and workplace tools to implement on-the-job.

People learn how to establish a positive outcome orientation, keep things in perspective and then implement new techniques in a collaborative work environment that is experiencing change.

Much more than just concepts, this is a course that provides people with practical tools to use in all aspects of their life. The class is suitable for people of all ages, and all levels of seniority in organisations.

The 'no-fluff' approach that is focussed on practical application through activity-based learning throughout the session ensures that people are engaged, keeps it 'real' and has people walking away with tools and skills that are as powerful as they are simple to implement.

Learn More Now by Clicking Here

This live online class is a collaborative and activity based learning experience that teaches advanced facilitation skills and applying the practical techniques to help get better outcomes and decision making at work.

This is an instructor led class that you can attend from home or your office.

We use secure Video Conferencing with interactive features such as live polling, screen sharing, whiteboards, live chat and breakout sessions. Please discuss your preferred platform, most commonly we use Microsoft Teams, Skype for Business, Webex or Zoom upon request.

These courses are facilitated in English, and are open to people from different industries across Australia, New Zealand, Singapore, Malaysia and Hong Kong - this is a short but powerful learning experience that gives you global collaboration opportunities.

Our trainers and processes have been refined to give you a personalised learning experience where it is specifically targeted to your needs see our outcomes in the reviews.

\*\*Please note, these classes run to a very tight schedule, please follow the invitation and join the class 10-minutes prior to commencement so you are ready to participate and don't miss a minute!

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## DEVELOPING A GROWTH MINDSET IN CHALLENGING TIMES 1-HOUR ONLINE CLASS WITH A MASTER TRAINER COURSE OUTLINE

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### FOREWORD

#### **Establishing a Growth Mindset - the critical element in challenging times**

In this 1-hour activity based online workshop, people are actively engaged in learning a powerful combination of self-management techniques (develop and maintain a growth mindset) and workplace techniques to contribute to a positive mindset in their team.

This is a great foundation for developing teams that are more collaborative, take a curious (there must be a way) approach to challenges and work together to develop innovative solutions in a constructive and supportive way.

Highly recommended for teams and organisations that are needing to adapt and grow, and want to do so with a positive approach that finds solutions and moves forward together.

The combination of activities in this course provides a unique and powerful blend of self-management and workplace application.

This course is designed to provide you with the most targeted, effective and convenient learning experience by letting you join a short, sharp and collaborative session facilitated online with a master trainer and other participants from Oceania.

In this session you will:

- Learn how to build and contribute to an upbeat culture in your team
- Develop techniques to develop and maintain your own positive mindset
- Learn from other people facing similar challenges

This course is in English and facilitated by an Australian expert trainer with over 10 years experience.

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### OUTCOMES

**This course will provide practical skills and techniques to help people improve their workplace performance in the following areas:**

- Purposefully Creating an Activated/Proactive Team
  - Recognising Growth and Fixed Mindsets
  - Learning How to Train Your Brain to be Growth Oriented
  - And provide opportunities to collaborate with people facing similar challenges
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### MODULES

**Lesson 1: Creating an Upbeat Culture**

**Lesson 2: Teams and a Growth Mindset**

- Firstly, Keep it Real
  - Secondly, Involve your Team
  - Lastly, be Vigilant
  - Reflection
- The Meaning of a Growth Mindset
  - Optimism vs Pessimism
  - Learn tools to develop and maintain a positive mindset
  - Reflection

### Lesson 3: International Collaboration

Up to 20 minutes Facilitator led collaboration

- With enrolments open from Australia, New Zealand, Singapore, Malaysia and Hong Kong
- Participants benefit from sharing and collaboration from people with similar challenges from across the region
- Share, discuss and learn from like minded people
- Wrap up and close

### Lesson 4: Next Steps

This course is powerful as a stand alone learning opportunity and often changes people's lives in how they think and approach their personal and work life.

The natural next step is Developing Creativity and Problem Solving Techniques, which is more effective with the growth mindset and curious approach to problem solving established in this class.

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### WEB LINKS

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- [View this course online](#)
- [In-house Training Instant Quote](#)
- [Public Classes - Enrol Now!](#)