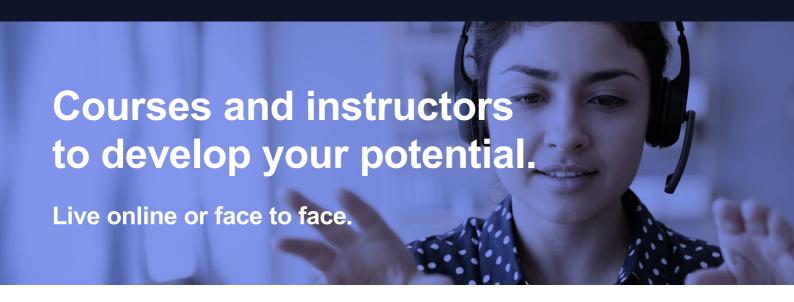
GO.COURSES



Develop A Growth Mindset

Growth Mindset is one the building blocks of human learning and our brilliant 1 day course will give you the tools to excel further.

This course is available at one of our European training centres or in-house at a location of your choice.

What will I learn?

LESSON 1

Acknowledge and embrace imperfections.

LESSON 2

View challenges as opportunities.

LESSON 3

Try different learning tactics.

LESSON 4

Follow the research on brain plasticity.

LESSON 5

Replace the word "failing" with the word "learning."

Key features

- Face to face or Live Online
- Fully certified trainer
- Get key skills and practical knowledge
- This course is available for groups and 1-2-1 live online
- Course materials included
- Recognised course certificate

Interested?

Call us: 01225 308979

Email us: info@go.courses

LESSON 6

Stop seeking approval.

LESSON 7

Value the process over the end result.

LESSON 8

Cultivate a sense of purpose.

LESSON 9

Celebrate growth with others.

LESSON 10

Emphasise growth over speed.

LESSON 11

Reward actions, not traits.

LESSON 12

Redefine "genius."

LESSON 13

Portray criticism as positive.

LESSON 14

Disassociate improvement from failure.

LESSON 15

Provide regular opportunities for reflection.

LESSON 16

Place effort before talent.

LESSON 17

Highlight the relationship between learning and "brain training."

LESSON 18

Cultivate grit.

LESSON 19

Abandon the image.

LESSON 20

Use the word "yet."

LESSON 21

Learn from other people's mistakes.

LESSON 22

Make a new goal for every goal accomplished.

LESSON 23

Take risks in the company of others.

LESSON 24

Think realistically about time and effort.

LESSON 25

Take ownership over your attitude.