

## Courses and instructors to develop your potential.

Live online or face to face.

### 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.”

##### LESSON 6

#### 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](mailto:info@go.courses)

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.