

## Courses and instructors to develop your potential.

Live online, on demand, 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"

### Key features

- ✓ Live Online Training with a real person - not dull e-learning
- ✓ 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)

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

## **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.