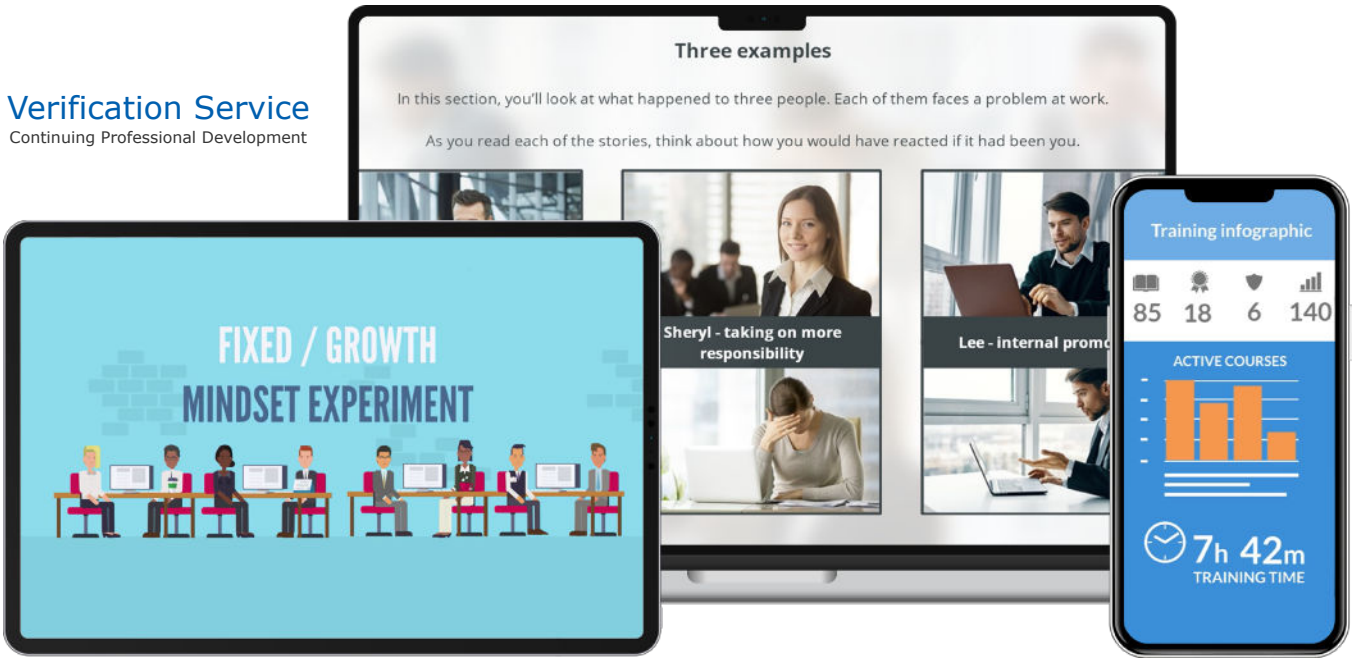
GROWTH MINDSET

CPD Verification Service
Continuing Professional Development



OVERVIEW

Simply put, a growth mindset is about believing that people can develop their abilities. It's about being honest to allow others to see things as they really are, thus enabling development. In a growth mindset, failure isn't seen as something bad. Rather, it's something which points the way to improvement.

The fixed mindset is the belief that we are born with certain abilities. Consequently, when we meet setbacks, our abilities are challenged and our confidence can be rocked. Therefore, having a fixed mindset is not useful for personal development.

Ultimately, mindsets are just beliefs. You have a choice between fixed and growth and can change your mind about your beliefs. Having a growth mindset is about believing that you can change the way you are and be more focused on the way you want to be.

This course will give learners all the knowledge they need to build their ability to face issues with a growth mindset.

OBJECTIVES

- Review the key elements of a growth mindset and what it means
- Discover the difference between a growth or fixed mindset
- Explore how developing a growth mindset culture in your organisation can lead to business improvements
- Review case studies of people who changed their mindset and gather tips and insights
- Identify how to move to a growth mindset

DURATION
40 minutes including interactions and videos.

AUDIENCE
Developing a growth mindset culture can be a catalyst for change within an organisation and employees that take this approach to challenges will become more effective. Therefore, this e-learning course is suitable for a wide array of learners.

CERTIFICATION
Upon completion of the course the learner will receive a CPD certificate.

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Get in touch with us
sales@trainerbubble.com

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