

# Fixed vs. Growth Mindset



For Intermediate Level



100 Minutes



## Learning Objectives

- + Explore personal meaning and implications of a mindset
- + Learn about mindset continuum and reflective traits
- + Cultivate beliefs and habits to sustain a growth mindset



## Learning Tools

- + Facilitator driven discussions
- + Reflection tools
- + Shared stories and anecdotes
- + Individual exercise
- + Self-assessment



## Your Takeaways

- + Awareness and reflection on your current mindset
- + Develop strategies to build the right mindset for success
- + Toolkit for developing a sustained growth mindset

## Learning Modules

- + Meaning of mindset
- + Difference between growth vs. fixed mindset
- + Relationship between mindset, belief, and behavior
- + Recognize your mindset – mindset continuum
- + Tips for developing growth mindset
- + Helping others channelize their mindset for creating win-wins
- + Personal action plan - GROWTH