ICML
INSTITUTE FOR COMMUNICATION MANAGEMENT AND LEADERSHIP



PERSONAL EFFECTIVENESS

Mindset Matters – Transforming Challenges into Opportunities

Reframe challenges and setbacks as opportunities to learn, grow and perform.

WHO IT'S FOR

Employees and leaders who want to meet challenges with a learning mindset.

DURATION

1 day, or tailored to your needs

FORMAT

On-site: we come to you, virtual or hybrid.

PARTICIPANTS WILL DEVELOP THE SKILLS TO

- Recognise fixed and growth mindsets in yourself and others
- Reframe limiting thoughts and setbacks as chances to learn
- Use your character strengths to meet challenges
- See stress as something that can help you perform
- Build small daily habits that keep a growth mindset going
- Encourage a growth mindset in your team

Tailored to your organisation

We build in the challenges and change your people are facing and the language they use, so the program speaks to their real situations.

ABOUT THIS PROGRAM

How people think about a challenge shapes what they do next. A fixed view says 'I can't do this', while a growth view asks 'what can I learn?'. Our growth mindset training shows participants how fixed and growth mindsets show up at work, how to reframe limiting thoughts, how to use their strengths, and how to see stress as something that can help them perform. Participants build small daily habits that make the shift stick.

> "Loved Mechelle's presentation and facilitating style – this course was excellent!

Hub Australia – Ryan

Talk to us about this program

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Enquire online