



Thriving with Growth Mindset

The single most important factor influencing a person's success - whether personal or professional, is the Mindset. A seemingly small thing that makes a huge difference, the mindset accounts for the primary distinction between those who succeed and those who do not.

Based on the ground-breaking research of Carol Dweck, "growth mindset" is the idea that we can grow our brain's capacity to learn and to solve problems. And there are two main mindsets we can navigate life with: growth and fixed. And having a growth mindset is essential for success.

OBJECTIVE

In this 8 hrs program, we explore how to develop the right mindset for improving intelligence and skills that are essential in these times of rapid change and evolving landscape. Participants will learn how to respond to everyday challenges and demands, and help them realize their potentials.

OUTCOME

The Growth Mindset program can help learners achieve outcomes such as:

- How to change a fixed mindset into a growth mindset
- Empower you to achieve your full potential
- Foster grit, determination, and work ethic within self and the organization
- How to deal with challenges or failure

WHO SHOULD ATTEND

- This class is intended for all audiences
- There are no prerequisites



PROGRAM OUTLINE

- **Introduction to Growth Mindset**
Understand the concept of neuroplasticity, and the brain's amazing capability to learn, grow and adapt
- **Identifying Our Mindset Triggers**
Identifying the triggers for both growth and fixed mindsets, so that we are aware of how our mindsets affect our actions and behaviours
- **Growth Mindset in Practice**
Focus on learning opportunities, taking on challenges, and putting in full effort, rather than focusing on self-image and rewards
- **Building a Growth Mindset Organization**
Establish a language within your group or organization, to give proper feedback that focuses on the process, effort, and strategies that create a positive outcome

FACILITATOR

John Tan | Willy Yoong | Lau Yee Chiew

PROGRAM FEE

Early Bird: USD280 (MYR1,050)/ pax Early bird by: 15 Feb 2021	Regular: USD320 (MYR1,250)/ pax Closing date: 1 Mar 2021	Group (≥3): USD280 (MYR1,050)/ pax Closing date: 1 Mar 2021
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The price quoted is subjected to local government tax

To find out how we can help you, your team, your leaders and your organisation be even more effective, contact us at: willy@LNSinternational.com | yeechiew@LNSinternational.com | sayfoon.tang@LNSinternational.com