



Coaching a Growth Mindset (Employees)

 Duration: 1 Day

 Ideal Group Size: 10 to 12 People

Course overview:

This course is for employees who want to develop their understanding of growth mindset. Covering the difference between growth and fixed mindset will allow delegates to increase their confidence in sharing new and innovative ideas with their managers, whilst also feeling comfortable to give and receive feedback.

Delivery methodology:

Futureproof's training workshops require all delegates to take a full and active role throughout. Our mix of trainer led discussion, facilitation, coaching and skills practice ensures that all delegates enjoy an interactive and supportive learning experience.

Who would benefit from attending:

Employees looking to learn the skills and knowledge required to work with colleagues, build resilience, adapt to change and approach challenges with a positive, solution-focused mindset.

Core learning objectives covered:

- Understand the difference between growth and fixed mindset
- How does this impact ourselves and others?
- How does this impact the business?
- Neuroplasticity: How the brain changes with effort and learning
- Why does personal mindset matter?
- The Betari Box
- Understanding your business values and objectives
- Identifying personal learning preferences
- Understanding limiting beliefs and how these impact ourselves and others
- The ability to reframe a situation
- What part does feedback play on mindsets?
- Radical Candor
- Setting SMART objectives



Want to tailor the content of this workshop and incorporate internal procedures, competency framework, organisational values & work-related challenges?

Get in touch with one of our Learning & Development Managers – 01623 409 824 • info@futureproof-training.co.uk