

# Growth Mindset

Developing a positive growth mindset

# Friendly Reminders

While waiting for others to join us...

- ✓ Please mute microphone
- ✓ Have a pen and paper on hand for notes
- ✓ Q&A at the end.
- ✓ Enjoy!

# About Me



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**What is a growth mindset?**

**The benefits of developing a growth mindset**

**Practices to cultivate a positive growth mindset**

How open are you to new experiences?

Do you ask for support when you need it?

How do you respond to setbacks?

If you don't succeed do you keep trying?

***Answering Yes is a strong indicator  
of having a growth mindset***



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# Characteristics of having a growth mindset

- Convert setbacks to opportunities
- Belief that you can change – traits not fixed
- Stretch your comfort zone
- Set meaningful goals
- Can let go easily
- Are flexible and adaptable
- Open to other perspectives
- Ask questions – are curious
- Ask for guidance/support
- See learning and growth in challenges
- Are open to change
- Persevere

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# Characteristics of having a fixed mindset

- Afraid to try – fear of failure
- Fear of judgement
- Lack self belief
- Remain stuck/stay in comfort zone
- Inflexible
- Reluctance to change
- Black and white thinking
- Don't ask for help
- See struggle in challenges
- Give up easily
- Seek external validation
- Lack motivation



# Benefits of developing a growth mindset

- Resilience
- More energy
- Motivation
- Enjoyment
- Happiness
- Success
- Greater fulfillment
- Expanded opportunities
- Explore potential
- Improved health





# Practices to develop a growth mindset

Which do you choose?

***Yes you have a choice!***

Let's look at how.

# The quality of your thoughts directly impacts the quality of your life

- Ask questions
- Be curious
- Self talk - challenge and manage
- Perspective





# Choose your state

Effect of positive emotions

Benefits of positive thoughts

Serotonin, Oxytocin, Dopamine

Growth Mindset





# How?

Music

Comedy/Humour

Exercise

Body Language – Superman pose



# Values

Your values are your signposts

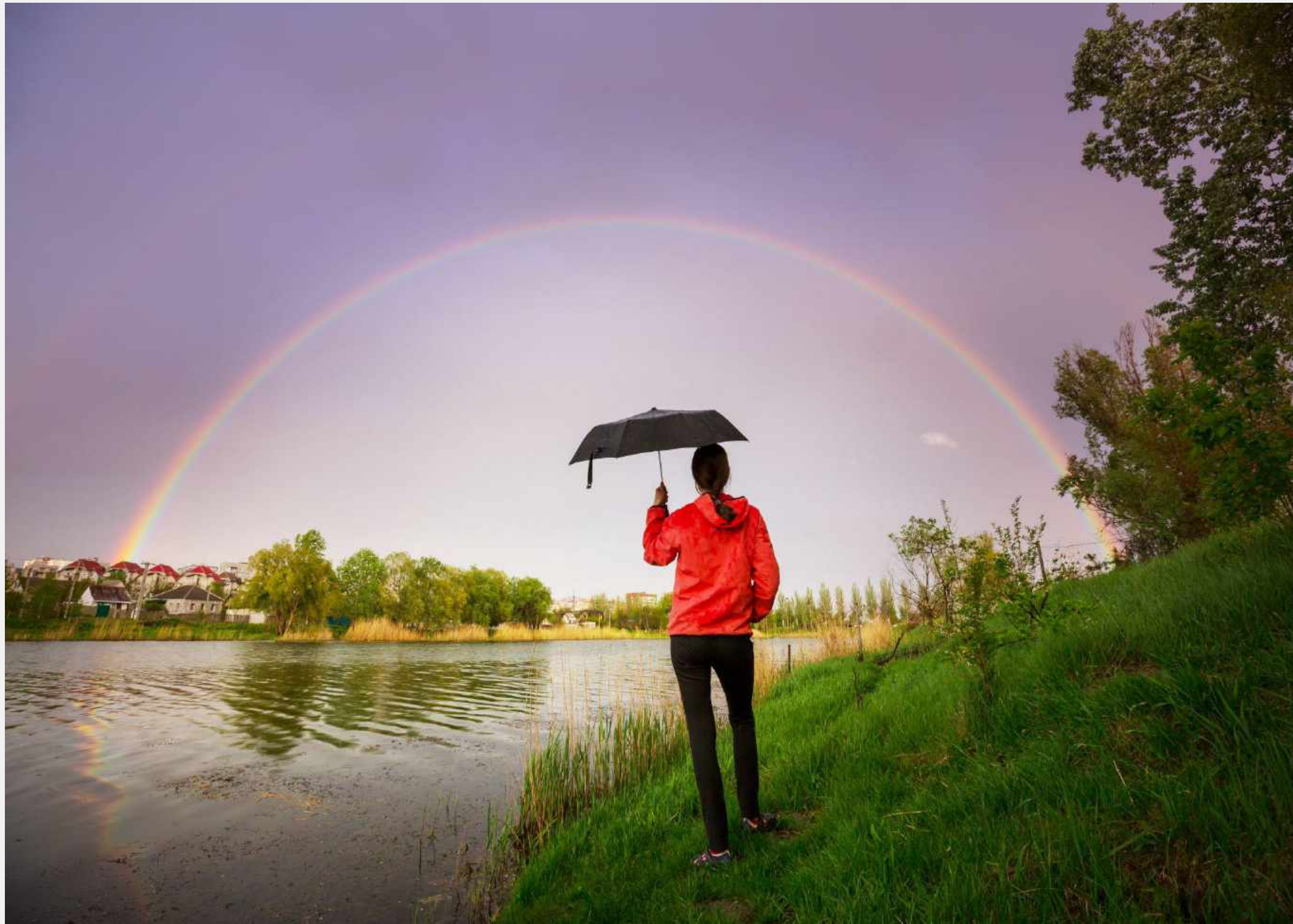
They guide you in the right direction for you

- What is most important to you?
- What gives you energy?
- How does that show up daily?
- Prioritise and fill your life with what is meaningful to you.





# Create Meaningful Goals



**Align goals with your values**

**Clarity is key. Be specific**

**Accountable. Time Frame**

**Make it fun**

**Reward**



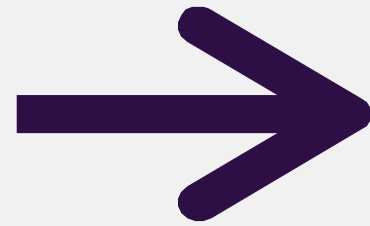
# Vision

Allow yourself to dream big!

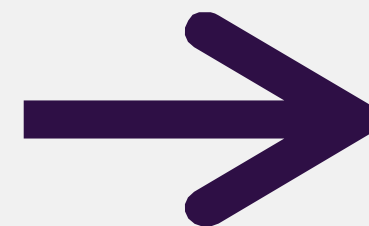
What do I *really* want .....?  
What sparks a fire in my belly?

What if nothing was stopping me.

Inspires creativity and offers  
access to possibilities



Motivates and  
energises



Creating drive to seek out  
opportunities



# Grow your strengths

My strengths are .....

I am good at .....

How can you develop and use these more?





# Let go easily

Choose  
where you give  
your mental and emotional energy

**What will you do to  
cultivate a more  
positive mindset?**

