

The Agile Mind

Understanding The Agile Mindset



Shout out

What does the word
mindset mean to you?



What do we mean by an agile mindset?

Agile Mindset Examples

Fixed Mindset



I believe that my (intelligence, personality, character) is locked-down or fixed. My potential is determined at birth. It doesn't change.

Growth Mindset



I believe that my (intelligence, personality, character) can be continuously developed. My true potential is unknown and unknowable.

Agile Mindset Exercise



Fixed Mindset

OR



Growth Mindset

- Split into groups.
- Match the wording to the mindset you think they belong too.
(see wording and mindset printout sheet)
- Discuss your answers as a group.

Agile Mindset Answers



Fixed Mindset

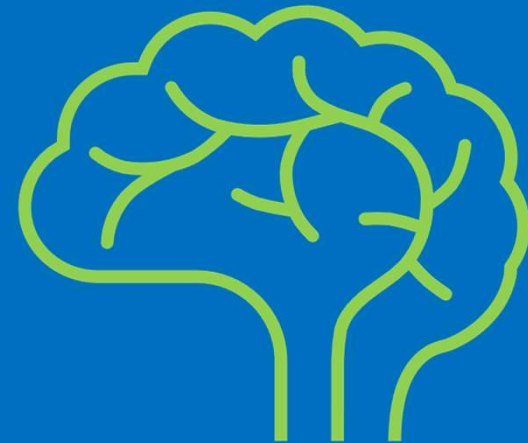
- Desire to avoid failure and look smart in every situation and prove myself.
- Avoids challenges and obstacles because risk of failure.
- Stick to what they know and can do.
- Failure is an impression of lack of talent, therefore quick to blame and be defensive.
- Feedback and criticism is personal as it impacts self-image.
- They Don't change or improve so to this confirms that they are as they are.



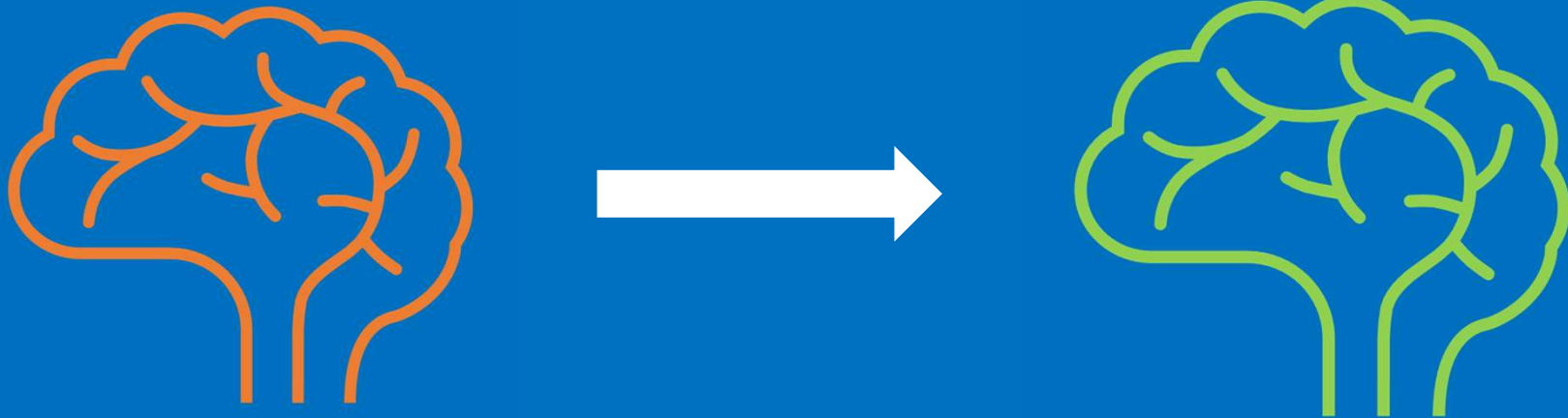
Growth Mindset

- Desire continuous learning. Confront uncertainties.
- Embracing challenges because will learn something new.
- Not afraid to fail – an opportunity to learn.
- Puts lots of effort to learn and master something new.
- Feedback and criticism is not about them but about current capabilities.
- Elicit feedback since it is a source of new information and learning.

Which mindset are you?



How will you challenge yourself to ensure you keep or move towards a growth mindset?



**We need to open our minds to learning
for our teams and organisations to
grow.**

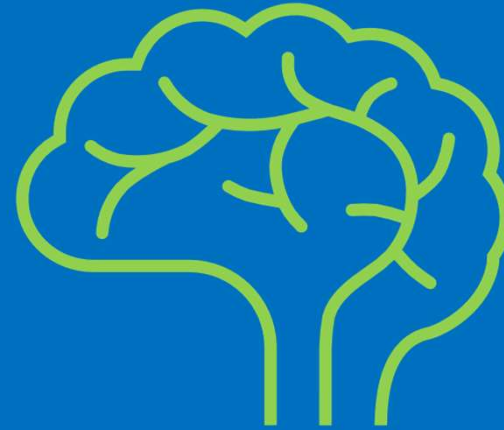


Thank you

Print Outs



Fixed Mindset



Growth Mindset

Desire to avoid failure and look smart in every situation and prove myself.

**Desire continuous learning.
Confront uncertainties.**

Avoids challenges and obstacles because risk of failure.

Embracing challenges because will learn something new.

Stick to what they know and can do.

Not afraid to fail – an opportunity to learn.



Failure is an impression of lack of talent, therefore quick to blame and be defensive.

Puts lots of effort to learn and master something new.

Feedback and criticism is personal as it impacts self-image.

Feedback and criticism is not about them but about current capabilities.

They Don't change or improve so to this confirms that they are as they are.

Elicit feedback since it is a source of new information and learning.

