

The growth Mindset Accelerator



Growth Architecture Through Neuroscience, Emotional Intelligence & Behavioural Change

A three session experiential journey blending mindset science, learning psychology and adaptive behaviours to help teams stay curious, open, and resilient in fast changing environments.



Three sessions. Three interconnected topics. One cohesive journey of growth.

Each programme is supported by digital resources, email guidance, and optional follow up coaching to deepen learning and sustain momentum.

Trans4mative Minds

Building the human architecture behind resilient, psychologically safe, change ready teams.

The Growth Mindset Accelerator



People don't need more pressure to "be positive" or "embrace change."...

THEY NEED

Space

To understand how their mind works

Safety

To try, fail, learn and try again

Support

To unlearn old patterns & challenge assumptions

The Growth Mindset Accelerator is an experiential journey that blends mindset science, learning psychology, and human centred development. It helps people understand their internal barriers, expand their capacity to learn, and navigate uncertainty with curiosity instead of fear.

This programme strengthens the mental, emotional, and behavioural foundations behind adaptability, continuous learning, and real world resilience.

Explore the programme



Session 1



Growth Mindset in The Real World

Mindset is the lens through which you interpret challenge, effort, feedback, and possibility.

This session helps participants recognise their mindset triggers and practise simple shifts that move them from fear and perfectionism into curiosity, experimentation, and real world growth rather than simply survive.

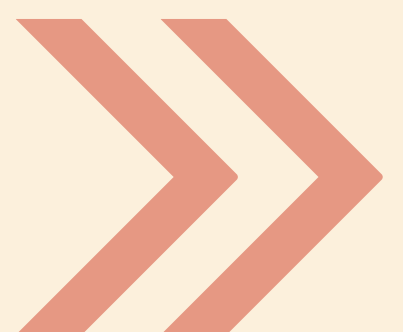
WHAT WE COVER

- The difference between fixed and growth mindsets & how they show up.
- Identify their personal “fixed mindset triggers” (feedback, uncertainty, mistakes, comparison).
- Explore how mindset shapes behaviour, confidence & emotional reactions.
- Learn tools to build a growth oriented environment that supports learning & psychological safety

OUTCOMES

- Understand the difference between fixed and growth mindsets.
- Identify their personal fixed mindset triggers.
- Explore how mindset shapes confidence, behaviour, and emotional reactions.
- Practise tiny mindset shifts using curiosity and compassion.
- Learn tools to build a growth oriented environment

90 Minutes
Virtual or in person



Session 2



Learning How to Learn

We are learning everyday, not just through facts and knowledge, but through the stories we hear and the stories our brain tells us.

This session explores how episodic memory shapes our experiences, how the brain fills in gaps to make sense of the world, and how these short cuts can sometimes create limiting beliefs that hold us back.

WHAT WE COVER

- Learn practical insight into the psychology of learning to make learning effective.
- Discover how memory and perception influence their beliefs.
- Understand how to challenge assumptions and reframe limiting beliefs.
- Have the tools to build stronger learning habits

OUTCOMES

- Understand the psychology of learning.
- Recognise how memory & perception shape beliefs.
- learn to challenge assumptions & reframe limiting beliefs.
- Build stronger learning habits.
- Strengthen resilience & confidence when facing challenges

Half Day
Virtual or in person



Change vs Transition

Change is the external event, the restructure, new system, new leader, new direction. Transition is the internal process, the emotional, psychological, and biological journey your system takes to catch up. Most organisations manage change, but few support transition, and that's where friction, resistance, and overwhelm live

This session helps participants understand why change feels hard, what happens in the brain and body during transition, and how to move through uncertainty with clarity and confidence.

WHAT WE COVER

- Explore what change & transition is.
- Discover the three stages of transition & identify where they are now.
- Understand the biological & emotional responses that show up during change.
- Identify personal anchors that create safety during uncertainty.
- Practise tools that reduce overwhelm and build momentum through small, human shifts.

OUTCOMES

- Have a clear understanding of the part transition plays in change.
- Understand the biological and emotional responses triggered by change.
- Identify personal “micro stability” anchors.
- Practise tools that reduce overwhelm and build momentum.
- Strengthen adaptability, resilience, and self trust

Full day = in person
Virtually = two half days



Programme Outcomes



THE RESULTS

- A clearer understanding of how mindset shapes behaviour, learning and performance
- Tools to shift from self doubt to possibility, even under pressure
- Increased confidence in trying, experimenting and learning without fear of failure
- Awareness of personal triggers, fixed mindset patterns and internal narratives
- Stronger ability to stay open, curious and adaptable during change
- Practical strategies for learning more effectively and retaining new skills
- Greater resilience when facing challenge, uncertainty or setbacks
- A more empowered, growth oriented culture where people feel safe to learn, stretch and evolve

DELIVERY OPTIONS

Virtual + In Person
Hybrid

- Session 1: Virtual
- Session 2: Virtual or In Person
- Session 3: In Person or two virtual half days

Up to 40 participants per session

INVESTMENT

Full Programme (3 Sessions)
£4,900

Includes:

- Growth Mindset in The Real World
- Learning How to Learn (Half Day)
- Change vs Transition (Full Day)
- Digital toolkits for all sessions
- 30 day email support
- Optional leadership add on

INDIVIDUAL PRICING

- Growth Mindset in The Real World: £950 to £1,250
- Learning How to Learn : £1,200 to £1,500
- Change vs Transition: £2,000 to £2,400

Why Organisations Choose This Programme



- » Because people can't grow when they're afraid of getting it wrong.
- » Because learning shuts down when the brain is overwhelmed or under threat.
- » Because innovation dies when teams don't feel safe to experiment.
- » Because a growth mindset isn't a slogan, it's a daily behavioural practice.

This programme gives your people the mindset, tools and psychological safety they need to stay curious, adaptable and resilient in a changing world.

Ready to strengthen the growth capacity of your organisation?

Let's build a culture where people feel safe to learn, stretch, experiment and evolve, even when things are uncertain.

Enquire now to bring the Growth Mindset Accelerator to your team.

REACH OUT



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The Inner Reboot Podcast



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