



MINDSET MATTERS

FIXED VS GROWTH

WHAT IS IT?	The way we view challenges and learning shapes everything we do. From confidence to performance. We can hold a fixed mindset and stay set in stone or a growth mindset where we explore the possibilities.
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WHY IS IT IMPACTFUL?	A growth mindset is what is behind the greatest success stories, the ability to be curious, to learn, to change. Moving from fixed to growth can help you reframe your challenges into opportunities and fail fast leading to success, adaptability and resilience.
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HOW WE DO IT

Through interactive reflection and practical exercises, participants will:

- ✓ Understand how fixed vs growth influences learning and resilience
- ✓ Have reframing techniques to use to overcome barriers or resistance
- ✓ Be able to challenge limiting patterns and bring growth into every day
- ✓ Create a personalised mindset commitment and toolkit

THE RESULT?	Unlock adaptability and confidence by using practical tools to shift from a fixed to a growth mindset — empowering individuals and teams to learn, innovate, reflect, and thrive, ultimately driving greater success.
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