

# GROWTH MINDSET IN THE REAL WORLD

## WHAT IS IT?

Mindset is the lens through which you interpret challenge, effort, feedback, and possibility. A fixed mindset says “This is who I am.”  
A growth mindset says “This is who I am becoming.”  
This session helps people understand how mindsets form, how they influence behaviour, and how to shift from self-protection to self-expansion.

## WHY IS IT IMPACTFUL?

Mindset shapes confidence, resilience, learning, and performance.  
A fixed mindset can lead to avoidance, perfectionism, comparison, and fear of failure.  
A growth mindset opens the door to curiosity, experimentation, and sustainable development. This session helps participants recognise their mindset triggers, and practise small shifts that make learning and change feel safer and more possible.

## HOW WE DO IT

Through interactive reflection and practical exercises, participants will:

- ✓ Understand the difference between fixed and growth mindsets and why both show up.
- ✓ Identify their personal “fixed mindset triggers” (feedback, uncertainty, mistakes, comparison).
- ✓ Explore how mindset shapes behaviour, confidence, and emotional reactions.
- ✓ Practise reframing challenges using curiosity, compassion, and tiny mindset shifts.
- ✓ Learn tools to build a growth-oriented environment that supports learning and psychological safety.

## THE RESULT?

Gain the awareness and skills to move from self-criticism to self-development, respond to challenges with more openness, and build resilience through small, consistent mindset shifts.  
The outcome is more confidence, more creativity, and a healthier relationship with learning and growth.

