

Fixed V Growth Mindset: Changing your mindset for greater success and fulfilment



Duration: 1 hour **Delivery:** Face-to-face or Online

Understanding and shaping our mindset can profoundly influence every aspect of life, from personal growth to professional success.

Tailored for schools and workplaces, our engaging and informative mindset presentations and workshops introduce the science of mindset and provide practical, hands-on strategies to help unlock individual potential and achieve greater success and fulfilment.



During this presentation and workshop, you will learn how to:

1

Identify and fixed and growth mindset

2

Improve motivation, resilience and coping strategies

3

Enhance learning and creativity

4

Improve academic and professional performance

5

Foster better communication and stronger relationships