



Building a Growth Mindset for Change

Harness the power of your thoughts to welcome lasting change by developing a more positive and productive mindset that will help you achieve your life and career goals.

WORKSHOP
PD201



This workshop will explore how your mindset helps to shift negative thought patterns, cultivate a positive outlook, and tap into your inner strength and resiliency so that you can transform all aspects of your life and career.

Who is this for?

All staff

How does it work?

In-Person

You will be part of an **interactive and engaging workshop** where you explore this topic using a variety of **activities** with an experienced facilitator.

Virtual

You will be part of an **interactive or informative** session using a variety of **learning tools** to share knowledge and opportunities to ask questions with an experienced facilitator.

What's included?

After attending this workshop, you will be able to:

- understand the difference between a fixed and growth mindset
- recognise what influence your negative thought patterns have
- identify each of the wellbeing dimensions
- outline a plan for developing yourself
- identify at least one action that you can take to develop yourself in the next week.

How is it delivered?

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|--------------------------------|--------------------------------|
| • In-person (UK only) | • Virtually (Global) |
| • 1.5 hours* | • 1 hour* |
| • Limited to 16 participants** | • Limited to 25 participants** |

* longer sessions available upon request.

** larger audiences available upon request.

How do I book?

To discuss your organisation's workshop requirements, please [book a free consultation call](#) or email us directly at info@amarkaignroup.com.

