

# Unlocking the Power of a Growth Mindset

In this crucial topic, we explore and discuss the benefits of having a growth mindset vs. a fixed mindset. Based on the essential work of Carol Dweck (Mindset – The New Psychology of Success) and other experts in the field of leadership and psychology, we will define and discuss why today's leaders must have an approach that is nimble, adaptive and resilient. Specifically, we will identify practical means to evaluate and incorporate factors like mental flexibility, resilient, grit, and even the concept of "unlearning" in our leadership skillset. Outcomes include an increased self-awareness of your comfort and strengths in these areas, as well as a plan to not only build your abilities, but to also encourage a growth mindset in others in your organization. AQai Assessment highly suggested.

## Introduction

In this crucial session, inspired by the work of Dr. Carol Dweck and the insights shared by Dr. Eve Meceda at Evolution24, we explore the profound benefits of adopting a growth mindset over a fixed mindset. Dr. Meceda's research emphasizes how a growth mindset is essential for achieving success in both individual and organizational settings, especially in a world of constant change. As leaders, it's imperative to develop an approach that is nimble, adaptive, and resilient. This session will guide you through understanding the key factors that define a growth mindset and how to effectively incorporate them into your personal and professional advancement.

## Why Attend?

- **Self-Awareness:** Increase your understanding of where your comfort and strengths lie in areas like mental flexibility, resilience, and grit.
- **Action-Oriented:** Leave with a plan to not only develop your growth mindset abilities but also encourage this mindset in others within your organization.
- **Empowerment:** Learn how to foster a culture that embraces challenges, innovation, and continuous improvement.

## Who Should Attend?

This session is ideal for leaders, managers, and professionals who wish to:

- Enhance their mental flexibility and resilience.
- Adopt a growth mindset in navigating today's rapid changes.
- Cultivate a positive and adaptable mindset culture within their organization.

AQai Assessment: Highly suggested to provide a deeper understanding of your adaptability and mindset.

## Session Highlights:

### Understanding the Mindsets:

- Gain a clear understanding of the differences between Fixed and Growth Mindsets, including identifying personal areas of struggle.
- Explore how mindset shapes your ability to navigate challenges and seize opportunities.

### Mental Flexibility & Resilience:

- Identify practical ways to foster mental flexibility and resilience.
- Explore grit and the concept of "unlearning" as a tool for adaptability.
- Discuss the importance of "unlearning" outdated habits to make room for new, growth-oriented behaviors.

### Practical Mindset Shifts:

- Discover the key levers of mindset shifts and actionable steps to apply these insights for personal and professional growth.
- Develop strategies to enhance self-awareness and build on your strengths in fostering a growth mindset.

## Reserve Your Spot Today!

Contact Chris Edwards at 717-275-0866 or [chris.edwards@dameleadership.com](mailto:chris.edwards@dameleadership.com).