



Overview/Description:

A growth mindset is something you practice, not just believe. The gap between knowing and doing is where habits connect values to action. This session helps you turn what you believe into what you consistently do by linking your values to simple, repeatable habits that drive growth. We use a growth mindset lens to turn values into habits and show how aspirational values keep you open to learning. Participants will leave with clear, doable steps they can use at work and in life.

Workshop Objectives:

This training will help you:

- Clarify what a growth mindset looks like at work and in life
- Reframe identity labels as aspirational values
- Translate aspirational values into small, repeatable habits that build growth
- Apply habits in everyday work to strengthen follow-through



TARGET AUDIENCE:

ANYONE READY TO MOVE FROM MINDSET AWARENESS INTO HABITS THAT IMPROVE FOCUS, CONSISTENCY, AND FOLLOW-THROUGH AT WORK AND IN LIFE



EXPECTED DURATION:

45-60 MINUTES

Building Habits That Support a Growth Mindset



Confidential
24/7 support,
when and where
you need it.