Applying a Growth Mindset Even When You Feel Discouraged

Overview/ Description:

Discouragement can quietly change how we see ourselves, what we attempt, and how far we believe we can go. Whether it comes from other people, challenging circumstances, past experiences, or our own inner dialogue, repeated discouragement can begin to turn difficult moments into a fixed conclusion about what is possible. This session helps participants recognize when that shift is happening and use a growth mindset to question limiting messages. Participants will explore how to stay open to growth and continue moving forward even when encouragement is hard to find.



Workshop Objectives:

This training will help you:

- Recognize common sources of discouragement and how repeated messages can influence mindset and behavior
- Notice when discouragement is becoming a fixed conclusion about what is possible
- Apply growth mindset strategies to challenge limiting messages and stay open to growth
- Choose a practical next step that supports continued growth when discouragement sets in

TARGET AUDIENCE:

ANYONE LOOKING TO APPLY A GROWTH MINDSET WHEN DISCOURAGEMENT, DOUBT, OR LIMITING MESSAGES GET IN THE WAY

EXPECTED DURATION:

45–60 MINUTES

Copyright ©2027 ComPsych. All rights reserved. This information is for educational purposes only.