

Growth Mindset Mastery Certification Course

Course Duration: 3 Days

Topics & Details

Introduction to Growth Mindset Mastery:

- ★ **Lesson 1: Mindset Foundations**
 - Contrast Fixed vs. Growth mindsets
 - Understand the neuroscience of learning
- ★ **Lesson 2: Embracing Challenges & Feedback**
 - Reframe failures as practice opportunities
 - Seek and act on constructive feedback
- ★ **Lesson 3: Personal Growth Action Plan**
 - Set stretch goals with actionable steps
 - Build daily habits for lifelong learning

