



# GROWTH MINDSET WORKSHOPS

There is a difference between 'Not Knowing' & 'Not Knowing Yet'!

This workshop is designed to enable individuals to understand the importance of a **growth mindset** (Carol Dweck) and to discover that with practice, perseverance and effort we all have limitless potential to learn. The workshop is aimed at those who want to reach their potential as extraordinary individuals ...

Do you take on challenges and persevere when it comes to learning? Do you need to develop your growth mindset? This term describes how an individual faces challenges and setbacks. Those of us with a *growth mindset* believe our abilities can improve over time. By comparison, individuals with a *fixed mindset* think their abilities are a set trait that can't change, no matter how hard they try.

We also discuss the topic GRIT (Angela Duckworth) and how important it is for our successes.

**Fees** – Quoted per client. This is inclusive of all materials, travel expenses and staffing costs.

## We all can learn!

Introduction to *Growth Mindset*, explain the difference between a Growth Mindset and a Fixed Mindset.

## Your brain is a muscle, let it grow ...

Explain the parts of the brain and their roles

## There is a difference between 'Not Knowing' and 'Not Knowing Yet'!

Understand the principle of 'not knowing yet'!

## We LOVE a Challenge ...

Explain the difference between equality and equity



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