Growth Mindset for Continuous Improvement

Duration : 1 day, Time Schedule
Time : 9.00am to 5.00pm
Break : 10.15am to 10.30am and 3.15pm to 3.30pm
Lunch : 1.00pm to 2.00pm

INTRODUCTION:

""In a growth mindset, challenges are exciting rather than threatening. So rather than thinking, oh, I'm going to reveal my weaknesses, you say, wow, here's a chance to grow."

– Carol Dweck

This program empowers employees and leaders to embrace a growth mindset as a foundation for continuous improvement in their work and personal development. Participants will learn how to shift from a fixed mindset to a growth mindset, develop resilience, embrace feedback, and apply continuous improvement practices in their daily work. The course combines practical tools, interactive discussions, and activities to foster a proactive mindset essential for a culture of continuous improvement in your organisation.

HOW WILL YOU BENEFIT:

Upon completion of this programme, the participants will be able to:

- ✓ Differentiate between fixed and growth mindsets and understand their impact on learning and improvement.
- ✓ Identify limiting beliefs and reframe challenges as opportunities for growth.
- ✓ Embrace feedback and failures as essential elements of learning.
- ✓ Apply growth mindset principles to support continuous improvement initiatives.
- ✓ Develop action plans to practice and sustain a growth mindset in daily tasks.

WHO SHOULD ATTEND?

Teams involved in continuous improvement initiatives or Individuals looking to enhance personal and professional growth

METHODOLOGY:

This course utilizes an interactive lecture approach with an emphasis on discussions which include participants sharing details of their workplace experiences. This stimulating program will maximize the understanding and learning through Lecture, Interactive Discussions, Case studies on all relevant areas Quiz and Role play to ensure participants grasp clearly issues presented.
Pre-test will be given before the class started whereas post-test will be given upon completion of course.

- Real-Time Presentation
- Interactive Lectures
- Sharing/Discussion

- Real-Live Examples
- Quiz

KEY CONTENTS:

9.00am : Ice Breaker

9.30am : Module 1 - Introduction to Growth Mindset
- ✓ Understanding fixed vs growth mindset
- ✓ Importance of mindset in personal and organisational growth

10.30am : Tea break

10.45am : Module 2 – Identifying Limiting Beliefs
- ✓ How beliefs shape behaviours
- ✓ Exercises: Identifying and reframing limiting beliefs
- ✓ Growth Mindset in Action
- ✓ Real-life examples of growth mindset at work

1.00pm : Lunch

2.00pm : Module 3 – Embracing Feedback and Learning from Failures
- ✓ Strategies to handle constructive criticism
- ✓ The role of failure in continuous improvement
- ✓ Linking growth mindset to daily improvement efforts

3.30pm : Tea break

3.45pm : Module 4 – Growth Mindset and Continuous Improvement
- ✓ Introduction to continuous improvement concepts (Kaizen mindset)
- ✓ Linking growth mindset to daily improvement efforts
- ✓ Reflecting on personal growth opportunities
- ✓ Creating a practical action plan for growth mindset practices

4.30pm : Recap and Q&A Session