

# Growth Mindset and Resilience Workshop

"Thrive Together: Empowering Teams for Success"

## Program Type

- Growth Mindset
- Resilience
- Leadership
- Communication
- Skills Development

## Program Format

- Online
- In-person

## Program Duration

- Lunch 'n learn 1 hour  
Introductory
- Half-day workshop  
2-4 hours  
Overview workshops
- Full-day workshop 4-8  
hours In-depth  
training workshops

## Price

- Tailored pricing model

## Benefits

- ✓ Cultivate a Growth Mindset,
- ✓ Build Resilience,
- ✓ Leverage Strengths,
- ✓ Enhance Well-being
- ✓ Enhance Team Performance

## Description

A growth mindset is the belief that abilities and intelligence can be developed through dedication and hard work, as opposed to being fixed traits. Resilience is the ability to bounce back from setbacks, adapt to change, and maintain well-being in the face of challenges. A strength-based solution approach involves leveraging individual and collective strengths to address challenges and achieve goals. Boost well-being and performance with our transformative workshop, featuring practical tools rooted in positive psychology interventions. Resilience is a skill that can be learned. The goal is to grow through whatever you are going through. As a certified John Maxwell Leadership Trainer, I'll seamlessly integrate these resources, offering a dynamic training experience for personal and professional growth.

- ✓ The 15 Invaluable Laws of Growth
- ✓ Make Today Count

## Program includes

- Strengths Assessment and report
- Positive Psychology interventions