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A Powerful New Way to Share Growth Mindset
with Your Entire Organization

www.mindset-course.com




Mindset
Changes
Everything


The Art + Science of
Success in Business
and in Life

Dr. Eve Meceda

AWESOME WORK • AWESOME LIFE



Think about someone who often makes
you frustrated, angry, upset, or irritated.



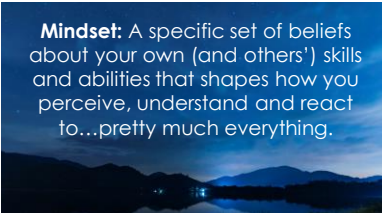
What about this person makes you feel
this way? Be as detailed as possible.




Fixed Mindset



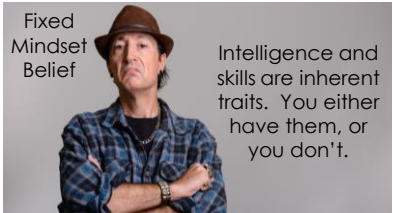
Growth Mindset



Mindset: A specific set of beliefs
about your own (and others') skills
and abilities that shapes how you
perceive, understand and react
to...pretty much everything.



Beliefs → Behaviors → Outcomes



Fixed
Mindset
Belief

Intelligence and
skills are inherent
traits. You either
have them, or
you don't.


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Look smart
Avoid challenges
Give up easily
Disdain effort
Fear feedback
Resent others



Look smart • Avoid challenges • Give up easily
Disdain effort • Fear feedback • Resent others

Which are my challenges?
How do these behaviors create problems?
What am I going to do about it?

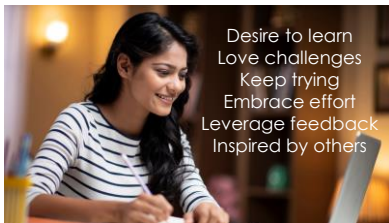


Growth Mindset
Belief

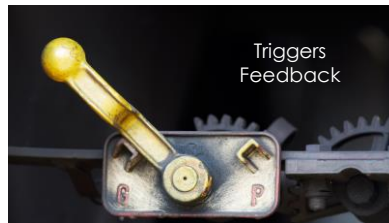
Intelligence and skills are largely a result of learning and effort.



Desire to learn
Love challenges
Keep trying
Embrace effort
Leverage feedback
Inspired by others



Triggers
Feedback



Fixed Mindset
Triggers



Look smart
Avoid challenges
Give up easily
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Resent others

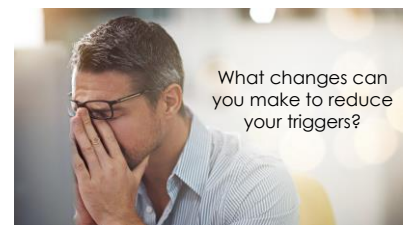


Emotions
Physical States
Specific People
Behaviors of Others
Environment
Time Pressure

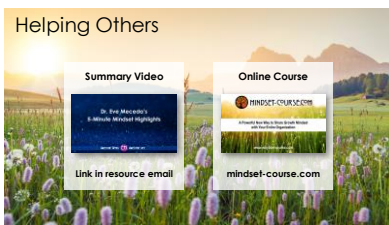
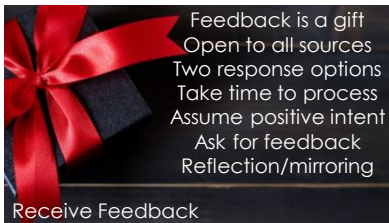
What triggers your Fixed Mindset behaviors?



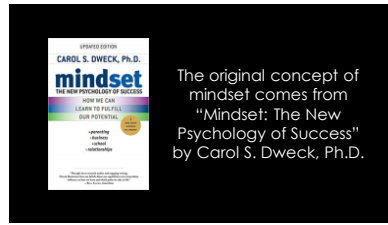
What changes can you make to reduce your triggers?



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The original concept of mindset comes from "Mindset: The New Psychology of Success" by Carol S. Dweck, Ph.D.