

WORKSHOP AGENDA

Growth Mindset

Grow the mindset that makes everything else easier.



90 minutes · In person or virtual · Individuals and teams

A 90-minute session on Carol Dweck's Growth Mindset research: what it is, how to recognise your own fixed-mindset patterns, and how to shift them. You leave with a clearer picture of the thoughts and triggers that get in your way, and practical strategies to respond differently.

— WHAT YOU LEAVE WITH

- Understand what Growth Mindset is and what the research shows about its impact on performance and potential.
- Recognise your fixed-mindset triggers and the situations where they show up most.
- Practical strategies to interrupt those patterns and respond with curiosity rather than self-protection.

— WHO IT'S FOR

Anyone who wants to recognise their own fixed-mindset patterns and respond differently, grounded in an honest, personal self-assessment. It works on its own and as a strong component within a leadership, resilience, or culture programme.

— AT A GLANCE

Growth Mindset	<i>A grounded introduction to Dweck's research.</i>	30 MIN
Manage Your Mindset	<i>Recognise fixed-mindset triggers and shift them.</i>	30 MIN
Fixed to Growth	<i>Spot fixed-mindset responses and reframe them.</i>	30 MIN

the session

01

Growth Mindset

30 MIN

A grounded introduction to Dweck's research.

A concise introduction to Growth Mindset theory, based on Carol Dweck's research and writing. A self-assessment gets participants immediately engaged with the content and the session format.

02

Manage Your Mindset

30 MIN

Recognise fixed-mindset triggers and shift them.

Participants examine what Growth Mindset means for them personally, as everyone is a mixture of fixed and growth orientations. The focus is on recognising fixed-mindset responses and developing practical ways to shift them.

03

Fixed to Growth

30 MIN

Spot fixed-mindset responses and reframe them.

A structured activity that moves Growth Mindset from theory into practice. Participants work through a set of realistic workplace scenarios, identify the fixed-mindset response each is likely to trigger, and practise reframing them through a growth lens.

Let's talk.

Bring Growth Mindset to your team

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