

Building a

# Growth Mindset

Embrace challenges.  
Learn from feedback.  
Keep growing.



## Course overview

This course focuses on developing a growth mindset: the belief that abilities and intelligence can be improved through effort, learning, and persistence. Learners will explore how mindset influences behavior, performance, and success in both personal and professional contexts.

The course highlights strategies to overcome challenges, embrace feedback, and turn failures into learning opportunities. Through practical examples and reflective exercises, participants will build resilience, confidence, and a positive approach to continuous improvement.

## Learning outcomes

By the end of this course, learners will be able to:

- 1 Explain the principles of a growth mindset and how mindset influences behavior and performance.
- 2 Recognize opportunities to develop abilities through effort, learning, and persistence.
- 3 Apply strategies to overcome challenges and build resilience.
- 4 Use feedback and setbacks as opportunities for learning and improvement.
- 5 Reflect on personal progress and identify actions for continuous growth.