



## EXPANDING HORIZONS, ACHIEVING GROWTH

### CULTIVATING A GROWTH MINDSET

This session will centre around the importance to develop a growth mindset.

- The passion for stretching yourself and sticking to it, even (or especially) when it's challenging, is the hallmark of the growth mindset.
- Developing a growth mindset is imperative if we want to experience explosive growth and unleash our potential.
- Asking ourselves the simple question of "How can I improve?" or "What can I learn from this?" is an inherent part of someone with a growth mindset.
- "I appreciate your approach or strategy towards this challenge."



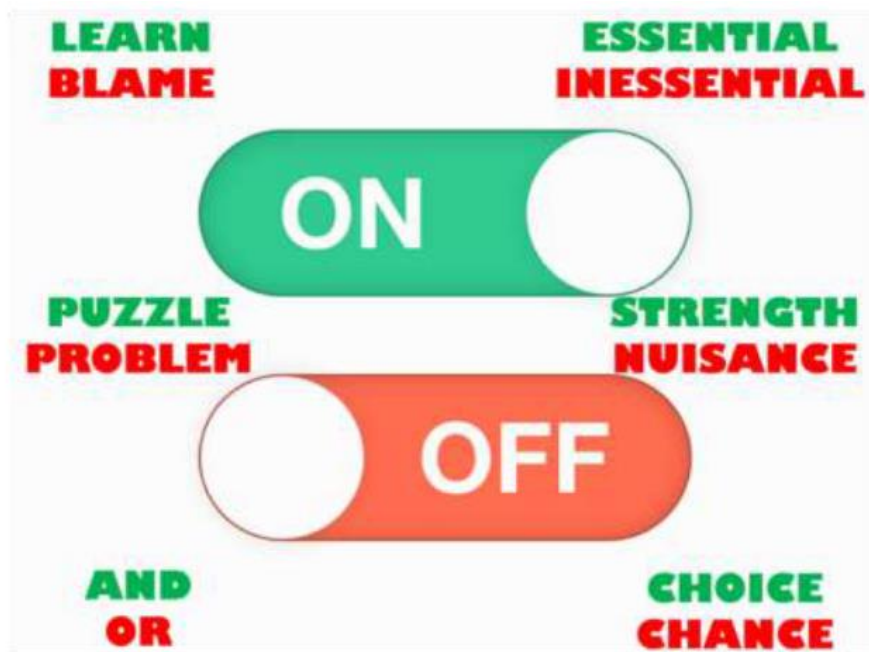
**"AS YOU GROW OLDER, BECOME BOLDER NOT COLDER."**

- I create an environment that encourages growth.
- I make decisions and stand by my decisions.
- I step out of my comfort zone to test new skills.
- I evaluate my strengths and weaknesses frequently.

## SWITCH ON!

Switch On is a formidable technique that teaches us to respond to change and transformation with a positive, powerful attitude.

### SEVEN MENTAL SWITCHES TO HELP YOU BECOME A PURPOSEFUL ACTION TAKER



**Learn** - The more I learn, the more I earn.

Vs.

**Blame** - The more I blame, the more lame I become.

**Puzzle** - The habit of taking any challenge as a puzzle, leads to solving it

Vs.

**Problem** - The habit of taking challenges as problems, leading to undue stress.

**And** - I will accomplish multiple successes so I will thrive.

Vs.

**Or** - I will limit myself to a few successes and barely survive.

**Essential** - I will Focus on relevant things and optimize on my efforts & time

Vs.

**Inessential** - Focusing on low-value added things and so feeling distracted and limited.

**Better** - Focus on coming to work to become better

Vs.

**Bitter** - I will not come to work to focus on the inessentials and become bitter

**Strength** - Creating positive and constructive relationships

Vs.

**Nuisance** - Creating negative and destructive relationships

**Choice** - Living life by making the right choices to thrive. Creating more "Want To's"

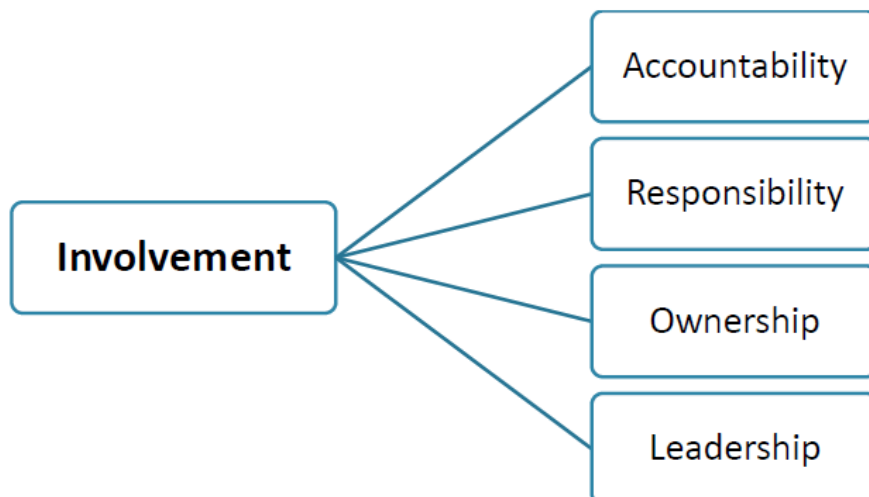
Vs.

**Chance** - Living life by chance, feeling vulnerable and barely surviving. Creating more "Have To's"

## SAUBHAGYA & DURBHAGYA

The concept of Saubhagya and Durbhagya is crucial in order to understand how to be responsible in our professional and personal lives. Saubhagya (100-Bhagya) means to be responsible towards our duties. In contrast, Durbhagya means to shy away from our responsibilities.

The participants will understand that becoming purposefully *involved and engaged* while working in the organization is the key to achievement and improvement. By increasing active involvement and practicing the 4 elements of active involvement the participants will be able to model the right way of working for their juniors and influence them positively.



## MINDFULNESS

Mindfulness is a state of active, open attention on the present. When we are mindful, we observe our thoughts and feelings from a distance, without judging them as good or bad. Mindful leaders understand that paying 'Kind attention' to their team leads to constant growth, development and achievement.

The session will give specific recommendations on how to deal with overpowering problems, which is to let go, to accept, and to work on ourselves.

The session will also focus on:

- Simple Ways to a Clearer Mind
- How to perform in the moment
- Why and How can we practice Mindfulness
- Shame Attention versus Kind Attention

## THE METHODOLOGY

- Thought provoking Lectures aided by Power Point Presentations
- Talk on the 'How' and 'Why' of the topics
- Storytelling and Story Sharing
- Relevant Video Clips
- Sharing of experiences
- One- to- One Interactions

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