

*"If you can dream it, you can do it."  
Walt Disney*



## Mindset Development by Mindtrain

**Mindset makes the difference between  
mediocrity and excellence.**

**Be careful what you think, it could come true.**

The mindset describes people's ways of thinking, beliefs and behavioural patterns or their inner attitude.

The word mentality is often used as a synonym.

People with a **Growth Mindset** believe that they can develop and improve in every area.

A growth mindset is therefore a dynamic mindset that welcomes constant growth.

**And that is precisely why we need leaders  
with a growth mindset in the world of work  
4.0!**



Offers from  
CHF 390.-

We make you shine

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### *Fixed Mindset*

- Are afraid of challenges and want to avoid them
- Are afraid of failure
- Stay in their comfort zone
- Try to hide defeats, setbacks and failures
- Think they only have certain talents, their intelligence is fixed and set
- Are performance-orientated
- Give up quickly when they think they are not good at something
- Make judgements about others
- Need praise and recognition from outside, are afraid of criticism from outside
- Are jealous of the successes of others

### *Growth Mindset*

- See challenges as opportunities and dare to tackle them
- Look forward to growth
- Get to know new things
- Learn from their mistakes and draw consequences from them
- Know their weaknesses and are willing to work on them, believe they can develop and change
- Are growth-orientated
- Do not give up, but try to improve until the task can be solved, have more stamina
- Reflect on their own behaviour
- Are happy to accept criticism and are not dependent on external praise
- Are inspired by the successes of others

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### Mindset Coaching

Mindset Coaching Basic  
1 x 2 Stunden

Mindset Coaching Impuls  
3 x 2 Stunden

Mindset Coaching Premium  
6 x 2 Stunden

### Individualised coaching paths

Bestplacement Coaching

Selfness Coaching

Männer Coaching

Individuelles Coaching

Leadership Coaching

Resilienz Coaching

### Leadership Coaching



**Combinable development paths with Mindtrain**

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