

Mindset



"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

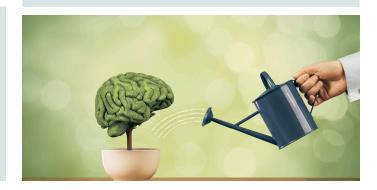
Männer Coaching

Individuelles Coaching

Leadership Coaching

Resilienz Coaching

Leadership Coaching



Combinable development paths with Mindtrain

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