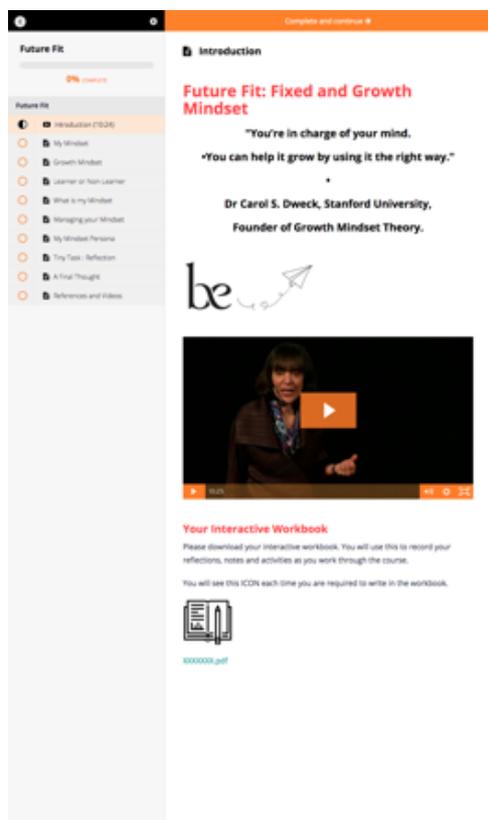


Future Fit: Growth Mindset Program



The *Future Fit Growth Mindset Program* is a highly effective program that supports participants during times of challenges, uncertainty and competing demands as our ability to respond has an impact on our wellbeing, and ability to thrive and grow, by building more productive habits to take active steps around our own future.

Learning Outcomes:

- Lead yourself and teams through **change and high degrees of uncertainty** and identify opportunities for growth.
- Develop skills to understand Fixed Mindset triggers and **build behavioural agility**.
- Use tools to help focus on your growth, and to increase your level of positive emotion to **transition into a Growth Mindset**.
- Build psychological wellbeing and resilience**

Program Structure

The program is delivered in phases

	 30 mins	Phase 1: Launch Webinar Groups attend a launch webinar to set them up for success and introduce the key concepts and program structure.
	 Approx. 60 – 90 mins	Phase 2: Online Module (Self-paced) The online program provides easy to navigate modules combining video clips, reflection activities, articles, an interactive workbook and access to Be Learning's exclusive Growth Mindset Card App designed to help participants identify their most common fixed mindset triggers and develop strategies to build more productive habits.
	 30 mins	Phase 3: Coffee Conversation (post completing Phase 2) <ul style="list-style-type: none"> Participants nominate a partner who they trust and enjoy sharing their learning with and book in a 30 minute virtual Coffee Conversation. Learning partners are provided with a Coffee Conversation guide to track their mindsets and discuss your insights from Phase 1.
	 45 mins	Phase 4: Check in Webinar Groups attend a check-in webinar to discuss insights from the program and nominate actions they will actively apply on-the-job.

Future Fit: Participants Comments

"I love it."

"I thought the course was great! It provided great detailed insights".

"Very interesting materials. Good pace and mix of learning styles".

"The course was great! It contained great detailed insights on how the brain works and how to take control of your brain when need be".

"It was great to hear from others in the webinar".

"Very good insight into how to change your thinking. Definitely something worth exploring".

"This came at just the right time in my life. Thank you".

"I found this course very interesting. I definitely think it will make me more aware of my triggers and hopefully help me change my mindset and grow".

"It reinforced some of the efforts I have unknowingly applying in my life to improve its quality. I now can relate to it scientifically".

"Very engaging material".

"Found the course very useful. Would like to practice growth mindset both in my work/personal life".

"Thanks so much! I found Future Fit to be constructive, helpful and thought provoking. I've taken notes, set some tasks for myself, such as a weekly review of my workbook and have saved my mindset persona as the lock screen image on my phone as a reminder"

"Notes and videos are succinct".

"This has been a wonderful journey of learning and as a result, my learning partner and I have set a recurring meeting for half an hour every Friday to reflect on our triggers, behaviours and strategies to overcome our fixed mindset difficulties. It has definitely helped me improve my work performance and how I tackle tasks to achieve goal timeframes. Highly recommended to those caught up in negativity as a result of past experiences!"

