

# Future Fit: Growth Mindset Program

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Welcome to the *Future Fit Growth Mindset Pilot Program*.

We're looking to support you during times of change, challenges, uncertainty and competing demands as your ability to respond has an impact on your wellbeing, and ability to thrive and grow, by building more productive habits to take active steps around your 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 coaching 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 three phases and you are required to complete all components.



### Phase 1: Online Module (Self-paced)

- You will receive a link to complete the online Future Fit Growth Mindset Module.
- 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 you explore and identify your most common fixed mindset triggers and develop strategies to build more productive habits.



Approx. 60 mins



### Phase 2: Coffee Conversation (post completing Phase 1)

- You will nominate a buddy who you trust and enjoy sharing your learning with and book in a 30 min virtual coffee conversation.
- As learning buddy's, you will use the coffee conversation guide provided to track your mindsets and discuss your insights from Phase 1.
- The Guide can be downloaded here downloaded here:

[https://belearning.online/docs/Be Learning Mindset Coffee Conversation.pdf](https://belearning.online/docs/Be_Learning_Mindset_Coffee_Conversation.pdf)



30 mins



### Phase 3: Check in Webinar – 24 June 2020

Your team will attend a check-in webinar to discuss insights from Phases 1 and 2 and discuss applying new learning on-the-job.



30 mins

This program has been provided as a **complimentary offering by Be Learning** to support you in this time of change. We ask you to provide any feedback and a testimonial once you have completed the online module. Many thanks.