



London TDM

# Soft Skills and Personal Development Training Courses

**Course Venue:** United Arab Emirates - Dubai

**Course Date:** From 31 May 2026 To 04 June 2026

**Course Place:** Downtown Dubai

**Course Fees:** 5,000 USD

## Introduction

Welcome to the "Developing a Growth Mindset" course. This comprehensive five-day program is designed to cultivate a mindset of growth and continuous improvement, crucial for personal and professional success. Participants will explore concepts, strategies, and exercises that drive personal transformation and encourage a culture of learning and resilience within their teams and organizations.

### Objectives

- Understand the principles of a growth mindset and its impact on personal and professional development.
- Identify and overcome fixed mindset triggers and obstacles.
- Develop strategies to cultivate resilience and adaptability.
- Encourage a culture of feedback and learning within teams.
- Apply growth mindset techniques in real-world scenarios.

## Course Outlines

### Day 1: Understanding the Growth Mindset

- Introduction to Carol Dweck's research and theory on mindsets.
- Characteristics of fixed vs. growth mindsets.
- Assessing your current mindset: Tools and exercises.
- The impact of mindset on learning and achievement.
- Case studies of growth mindset in action.

### Day 2: Identifying and Overcoming Challenges

- Recognizing personal fixed mindset triggers and obstacles.
- Techniques for shifting from a fixed to a growth mindset.
- Mindset and emotional intelligence: Building self-awareness.
- Strategies for handling criticism and setbacks positively.
- Group discussions on personal challenges and breakthrough strategies.

### Day 3: Cultivating Resilience and Adaptability

- Understanding the role of resilience in a growth mindset.
- Exercises to build resilience and adaptability.
- The importance of goal setting and persistence.
- Developing a positive attitude towards change and failure.
- Interactive workshop on resilience-building strategies.

### Day 4: Promoting a Learning Culture

- Creating an environment that supports growth and learning.
- The role of feedback in fostering a growth mindset.
- Building teams that embrace challenges and innovation.
- Leadership strategies for nurturing a growth mindset in others.
- Case studies of successful learning cultures in organizations.

## **Day 5: Applying Growth Mindset Techniques**

- Real-world applications of a growth mindset in personal life.
- Using growth mindset principles in problem-solving and decision-making.
- Developing personalized action plans for continued growth.
- Sharing success stories and lessons learned from the course.
- Course reflection and future steps for mindset development.