

Growth Mindset



Title	Duration (minutes)	Author	Course Description
<ul style="list-style-type: none"> • What is a Growth Mindset? 	7	Absorb	In this module we'll look at the key elements of a growth mindset. You'll find out how it differs from a fixed mindset and how it can benefit you in your career and personal life.
<ul style="list-style-type: none"> • Growth Mindset: Practical Tips 	7	Absorb	In this module you'll find out some practical tips to help you develop a growth mindset and use it to achieve your goals and enhance your career.
<ul style="list-style-type: none"> • How to Build Resilience 	5	Absorb	In this microlearning module you'll learn how you can build resilience to help deal with stressful situations both inside and outside of the workplace. The world can brim with adventure and opportunity and, on the flip side, challenges and strain. Resilience is an important skill to develop to balance life's inevitable ups and downs.
<ul style="list-style-type: none"> • Building Perseverance and Resilience 	8	Absorb	One of the most in-demand soft skills for any professional is resilience. Fortunately, this skill is akin to a muscle that can be strengthened with practice. In this course, we'll explore "perseverance" and "resilience," why they're important, and how you can cultivate them.
<ul style="list-style-type: none"> • Insights with Derek Redmond - Building Resilience 	12	Absorb	In this course, Former Olympian and Speaker Derek Redmond shares effective strategies to enhance resilience and overcome challenges. Discover the critical role of a healthy lifestyle, positive social connections, and adaptive thinking in bolstering mental and emotional fortitude.
<ul style="list-style-type: none"> • Cultivating Patience 	8	Absorb	This course will show you how to cultivate patience. Whether you are dealing with customers, co-workers or loved ones, patience is vital to maintaining good relationships..