

Growth Mindset



Title	Duration (minutes)	Author	Course Description
• Neurodiversity. Adapt To New Ways Of Thinking	70	ISEAZY SKILLS	In this course, you'll learn to adapt to new ways of thinking, discover what neurodiversity is, why we should respect different ways of understanding the world, and the benefits you'll gain from doing so.
• Boost Your Resilience When Faced With Changes or Problems	70	ISEAZY SKILLS	In this course, you'll learn the key points for enhancing the resilience that makes it possible to adapt easily to changes, increase flexibility in the face of extreme situations, and learn to overcome setbacks or difficult situations.
• Building Resilience	15	VinciWorks	Building resilience is all about developing the skills we need to withstand pressure, change and trauma in our lives and improving our ability to recover from setbacks and adversity. In the working environment, resilience enables us to cope with increased pressure and demand, handle problems constructively and approach organisational challenges such as redundancies, downsizing and restructuring with greater equanimity. In this course, we look at the benefits that resilience can bring in both our personal and professional lives and how we can embark on our own resilience-building journey.
• Feeling Resilient (UK)	5	Kallidus	Modern life places all sorts of demands on our time and energy and can be hard to navigate. Discover how mindfulness can help you stay positive and resilient to setbacks and challenges.
• Resilience	25	Skilla	Have you ever, at the nth difficulty you have encountered, not been able to maintain a positive attitude? It is not always easy. Doing it successfully means have a great deal of resilience. Do you know what it is? Where to look for it? And above all, how to activate it? This course is aimed at answering these questions and providing guidance in order to transform obstacles into opportunities and risks into challenges.
• Growth Mindset Training	20	iHASCO	This course is the perfect introduction for people who want to transform the way they approach challenges, learning, and ultimately, life. We'll define both a fixed and a growth mindset, then we'll talk about how to develop your own growth mindset.
• Positive sadness, or why crying helps you grow	20	ISEAZY SKILLS	In this, you'll learn the essentials to understand the positive role that sadness can play in your life, how it can help you to get to know yourself better and how to deal with it.
• Positive Thinking	15	The Access Group	Positivity is not about having your heads in the cloud, it's about recognising the negative aspects of a situation and choosing to focus on the opportunities instead. As a positive workforce is a more productive workforce, this module explores the power of positivity in the workplace and how it can be improved.
• Empower Yourself. Be The Protagonist Of Your Life	70	ISEAZY SKILLS	In this course, you'll learn the keys to take control of your life, overcome your fears and trust in your abilities when facing conflicts and difficult situations both at the personal and professional level.