

Growth Mindset



Title	Duration (minutes)	Author	Course Description
<ul style="list-style-type: none"> How to Build Resilience 	6	HSI-ej4	As a manager, your job can be rewarding and wonderful. It can also be tiring and thankless. It's a difficult task dealing with the ups and down of management without becoming stressed and burned out. With any job, you'll have challenges and setbacks. You're likely to make mistakes along the way. How you handle these situations is what makes you a good manager. In this course, we'll discuss having the ability to bounce back when things don't go as planned.
<ul style="list-style-type: none"> The Growth Mindset: 01. The Growth Mindset: Embracing Yet 	6	HSI-ej4	Throughout her book, Dweck compares a GROWTH mindset with a FIXED mindset. In this series, we'll discuss the differences between these two mindsets. For this first program, we want you to understand the importance of embracing "yet," which comes from having a growth mindset. "Yet" means that you know or expect something to happen in the future. It just hasn't happened "by now."
<ul style="list-style-type: none"> The Growth Mindset: 02. Developing the Growth Mindset 	5	HSI-ej4	The growth mindset can be applied in all areas of life, including education, physical abilities, artistic skills, relationships, and the workplace. In this course, we'll discuss the four steps to developing a growth mindset: 1. Learning to hear your fixed mindset voice. 2. Recognizing that you have a choice. 3. Talking back with your growth mindset voice. 4. Taking the growth mindset action.
<ul style="list-style-type: none"> The Growth Mindset: 03. Limitations of a Fixed Mindset 	6	HSI-ej4	Chances are, you're living in a fixed mindset more often than you think. In this course, we'll go over how to know when you're in this cycle of negativity and what the risks are. We'll also go over failure, practice, and how to "fix" a fixed mindset.
<ul style="list-style-type: none"> Emotional Intelligence: How To Improve Your Emotional Intelligence 	5	HSI-ej4	After learning about each of the five emotional intelligence competencies, you should have a much better idea of what it means to understand your emotions, and how that understanding affects your work. So, how can you improve your emotional intelligence? That's what we'll cover here. We'll discuss putting the five competencies into practice and taking an EIQ inventory to measure your emotional intelligence growth.
<ul style="list-style-type: none"> Reinventing Yourself 	6	HSI-ej4	Whether aiming for advancement, a career shift, or skill enhancement, seizing control of one's career path can pose challenges, especially if opportunities for growth seem limited within the current company. In this course, learn strategies for self-reinvention, including setting objectives, making incremental changes, and overcoming common obstacles