

# Growth Mindset



Title	Duration (minutes)	Author	Course Description
• Build Resilience With An Adaptive Mindset	51	The Expert Academy	This course teaches how shifting your mindset can enhance resilience and improve your life. Learn how meditation and an adaptive mind contribute to success in relationships, career, and personal goals..
• Stuck Mindset to Growth Mindset: Cultivating Lifelong Learning and Adaptability	10	Simon Sez IT	This course will help you identify the barriers holding you back and pave your way toward a dynamic, growth-oriented mindset. Feel like you're always stuck in the same place? This course will help you understand why you feel that way, dissect those issues, and provide practical strategies to overcome them.
• MINDSET: Growth Mindset	20	Coaching Culture	Mindset is a digital self-coaching tool designed to raise awareness, change perspective and transform behaviour. This module focuses on why having a Growth Mindset unlocks potential.
• Growth Mindset: We Are Our Own Limitations	3	On This Topic	What does it mean to push the frontier? In this course, Jenn Drummond, business owner, record-holding mountaineer, and mom of seven, will teach you what it means to overcome the impossible and achieve great things. You'll also reflect on the preconceived notions you hold that limit you from reaching your potential. Finally, you'll consider ways your team can work together to reach the summit of your goals. After this course, you'll understand that you have control over your limitations – and your success.
• MyStory Embracing Change: I Develop Agility and Adaptability to Deal with the Unexpected	10	Cegos	Reacting to the Unexpected. Releasing Resistance. Changing Your Perspective on Setbacks. Tapping into Curiosity and Creativity. Valuing Each Experience for What It is.
• ADAPT to Change	15	7 Dimensions	In this course, Eve Ash teaches how adapting skills can improve reactions to change. By accepting what you can't control and focusing on the facts, you'll learn to plan a path forward, thrive creatively, and help others do the same.
• Adaptability: The Art of Winning In An Age of Uncertainty   Max McKeown	22	Soundview	Max McKeown's book highlights adaptability as a key to success in business and life. He turns adaptation from a survival tactic into a winning strategy, showing that adapting smarter and faster leads to greater success.
• Be Approachable: Adapt to Situations	2	Eleventure by TorranceLearning	You want to be a better listener and that may mean you need to adapt your communication style to different situations. These strategies will help.
• MINDSET: Resilience	20	Coaching Culture	How building resilience to challenges is key in an ever-changing world.
• 90 Seconds to Emotional Resilience	10	OpenMind	This course explains how our brains process strong emotions and why these emotions can be so difficult to overcome. It then guides learners through a three-step process for validating an emotional response, labeling it, and allowing it to recede from the body. This 90-second process builds emotional resilience, a key skill for retaining composure and productivity in the face of obstacles.