



Happiness-centric...

META MIND GROWTH MINDSET & LEARNABILITY

LEARN, UNLEARN, RELEARN

*"The universe is a university.
You can learn from anything and everything"
-Avinash Ananda*

WHY

this program



Meta Mind Growth Mindset & Learnability is a powerful program enables you take your growth mindset & learnability to the next level. It has its firm foundation in the belief that one can grow, and spark one's desire to grow, which subsequently drives motivation and produces results. In truth, our belief about our ability to change and willingness to do so is the key to building our growth mindset muscle. Our willingness allows us to unlock learning and unlock our potential through our actions.

Recent advances in neuroscience have shown us that the brain is far more malleable than we ever knew. Research on brain plasticity has shown how connectivity between neurons can change with experience and focus. At the same time, researchers found a direct correlation between mindsets and achievement. It turns out, if you believe your brain can grow, you behave differently. And we can indeed change a person's mindset from fixed to growth, and when we do, it leads to increased motivation and achievement. This program will help to develop and inculcate learnability and a growth mindset as an embedded habit, thereby enabling the participants to look forward to challenges and persist through failures while being on the path of continuous growth and learning.

YOU

will learn



- The importance of a Growth Mindset
- The difference of a Growth Mindset vs Fixed Mindset
- How the Brain Learns
- The Mindsets for Growth, Success & Happiness
- How to inculcate the Growth Mindset and Learnability as a deeply embedded habit
- Key Learning Skills
- How Our Language Can Influence our Mindset & Learnability
- How to Engage Students in Challenging Work by Celebrating Mistakes
- The Power of Praise
- To cultivate persistence and grit
- To create and maintain an action plan for continuous improvement and peak performance

