Fulcrum Point

Workshop outline · Managing yourself and your work

Developing a Growth Mindset.

Learn to treat your abilities, and your obstacles, as things that can change. Participants apply a growth mindset to their own role, their team and their career.

For

Anyone who wants to reframe the challenges and changes they face at work, and raise their motivation and productivity.

Format

One day. In person or live virtual.

What it is for.

Leaders who believe their traits are fixed stop learning, and so do their teams. A growth mindset keeps the capacity to learn and improve in spite of present limits in skill or knowledge, and it treats obstacles as things that can be changed.

Participants learn to tell a growth mindset from a fixed one in behavior, including their own, and work with tools and techniques for shifting from one to the other. The workshop is honest about the limits of the idea, and applies it to leading others and to managing one's own professional growth.

What you leave with.

- The behaviors that distinguish a growth mindset from a fixed one
- The benefits of a growth mindset, and its limits
- Tools and techniques for developing it
- Ways of applying it as a leader, with the people you manage
- A way of managing your own professional growth and career

Why it matters.

- It opens possibilities you had not considered, at work and outside it
- Understanding how the brain forms new pathways changes how you set goals
- People who reframe challenges stay motivated and productive through change

Format.

Length	One day
Mode	In person or live virtual
For	Anyone who wants to reframe the challenges and changes they face at work, and raise their motivation and productivity.
Method	Self-assessment tools; Short inputs from the facilitator; Group activities; Individual and peer-to-peer assignments

Your speaker.

Lorne Michael Cousins

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Lorne Michael Cousins has spent twenty-five years inside corporate sustainability across China and the Asia-Pacific, as environmental auditor, sustainability consultant and leadership strategist. He is Senior Fellow and Council Director at The Conference Board, Asia, founder of Fulcrum Point Sustainability Consulting in Shanghai, and a Founding Member of the Sustainability Directory.

He holds an MEM from UNSW Sydney, a BA from UBC Vancouver, and Practitioner status with IEMA. Accredited Advisor, Future-Fit Business Benchmark.

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