



## **Keynote Session**

### **Building That Brain Muscle Takes Action and Practice – Developing a Growth Mindset**

Embracing a growth mindset leads us to understand the value of the process. The process that creates greater engagement and perseverance. But it takes practice! When leaders create a growth-mindset environment steeped in “yet”, positive change happens. A growth mindset often uncovers a person’s passion and talents. It embraces a desire to grow, learn and strive for new, different and stronger abilities. Understanding the difference between a fixed mindset versus a growth mindset gives us the capacity to recognize why some people wilt in the face of failure, while others thrive with challenges and learning from mistakes. With a desire to learn more, we recognize what are our trigger moments, those past experiences or current fears that prevent us from having a growth mindset. We become aware of what our actions can be and how to practice for success.