

Beyond Limits



Mindset Shift

GROWTH MINDSET

I can learn
anything
I want to

Failure is
an opport-
unity to grow

I like to try
new things



Challenges
help me grow



FIXED MINDSET

I'm either
good at it,
or I'm not

Failure is
the limit
of my
abilities

I stick to
what I know



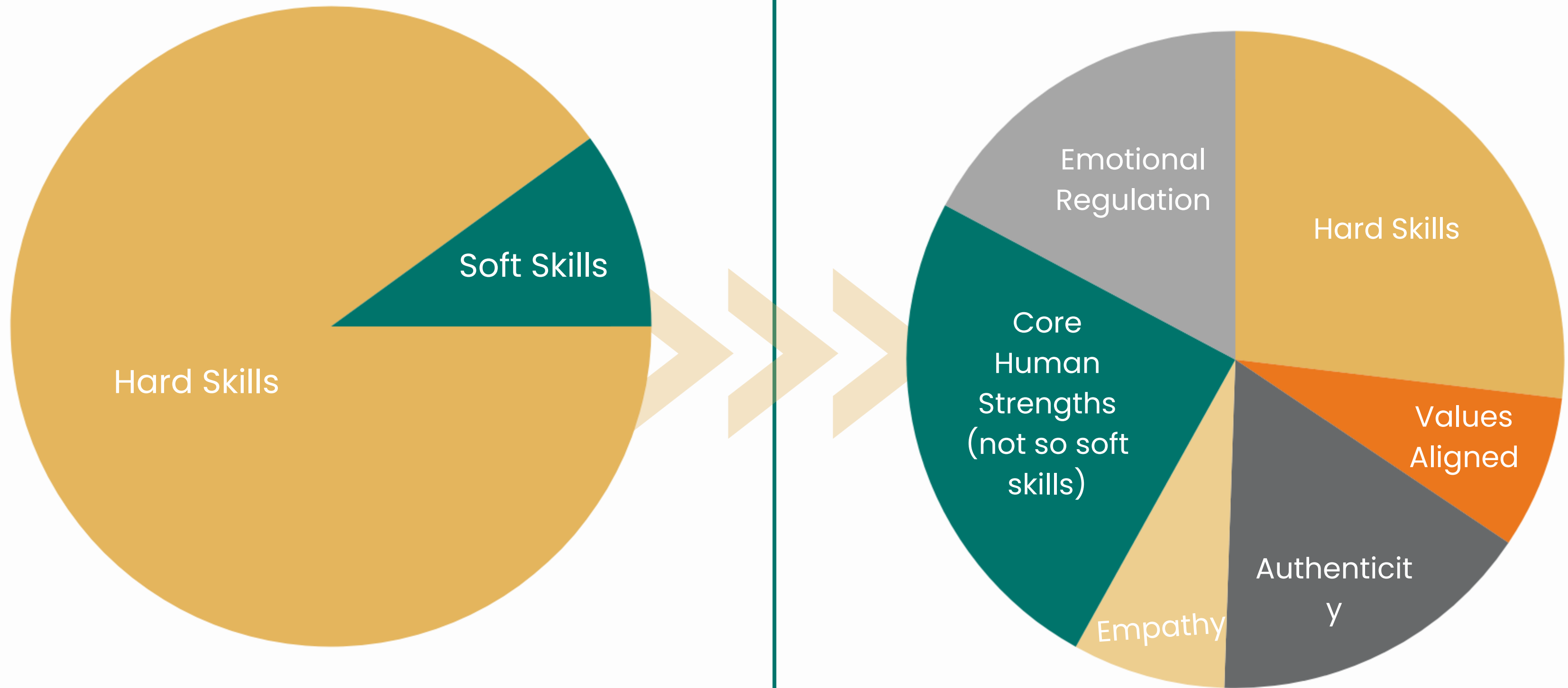
I don't like
to be
challenged



Spheres of influence



What we are taught that matters vs What really matters



Growth Mindset



Effort is required to grow



Find inspiration in the success of others



Embraces Challenges



Accept criticism



Desire to learn



Persevere in the face of failures

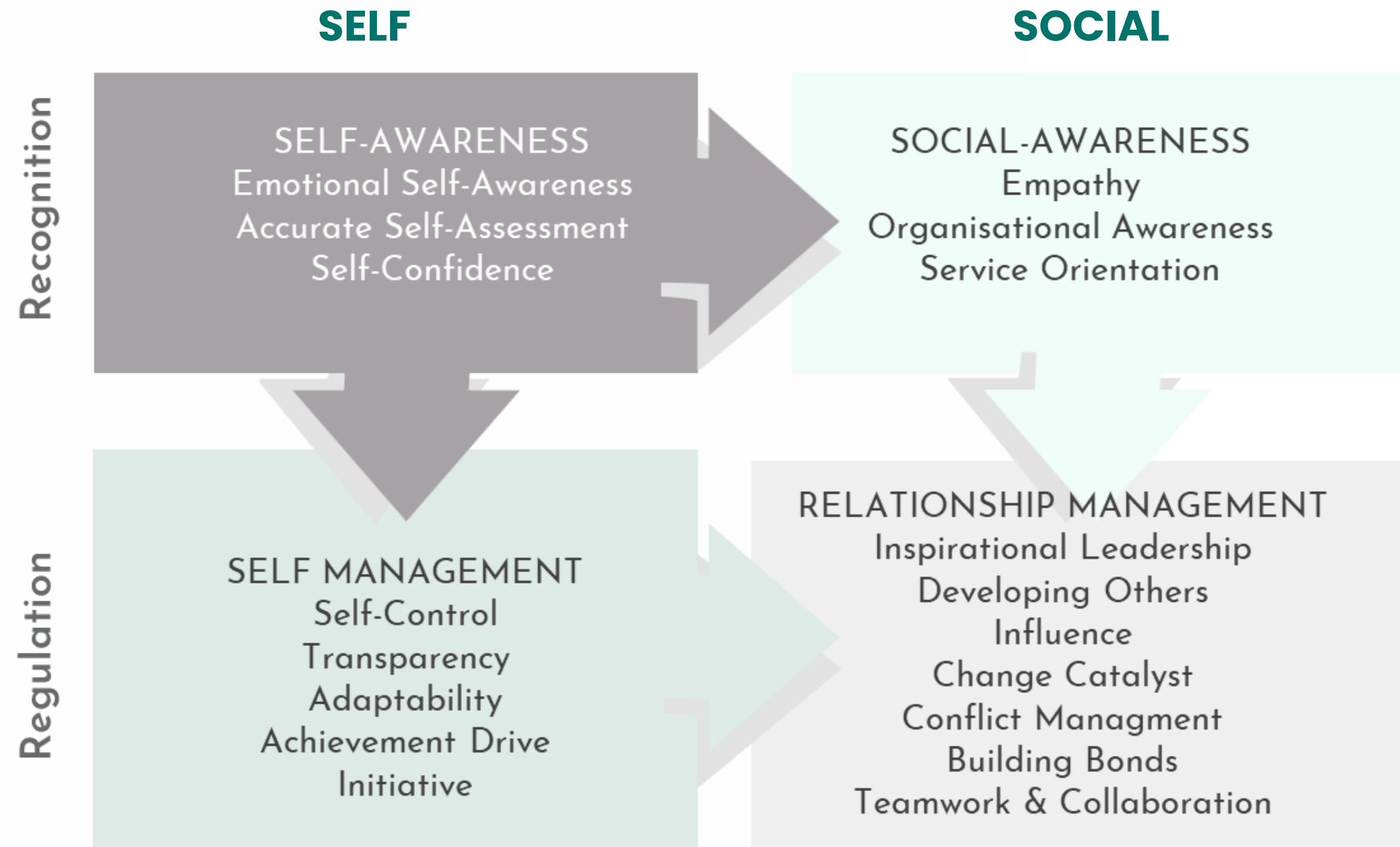
Building Relationships

Building Relationships

Mindset shifts are not just cognitive—but emotional and energetic. This exercise builds awareness of how our language, posture, and presence influence others



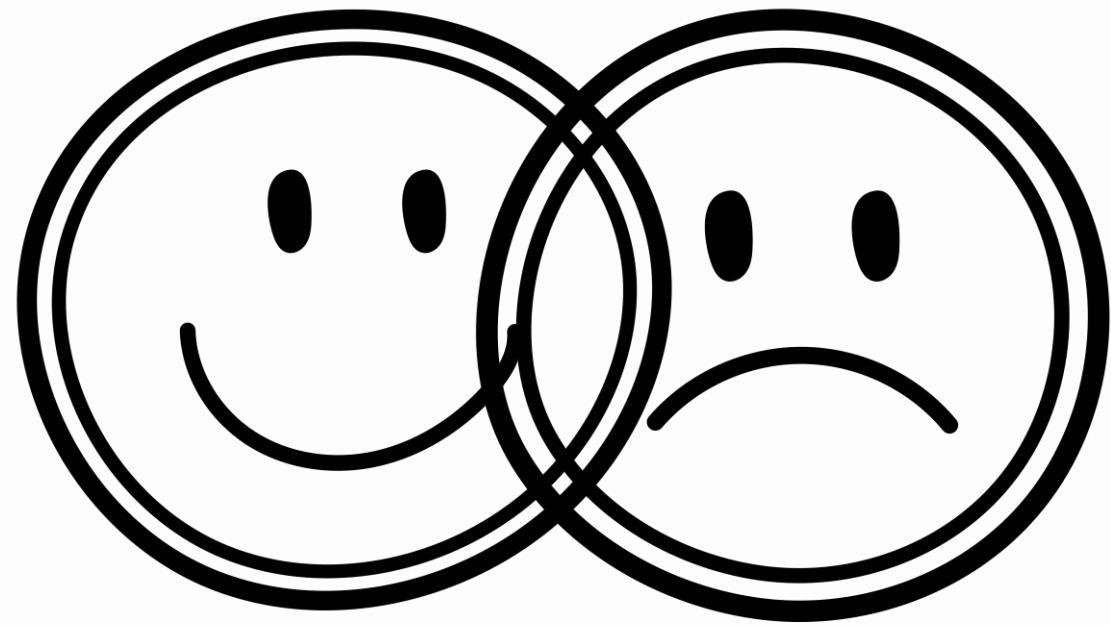
Emotional Intelligence (EQ)



Capitalize On Possibility

Training your brain to capitalize on **POSSIBILITY** you will only see what your filters are looking for. Our brain dictates how we see the world.

WE SEE WHAT WE LOOK FOR



We see what we look for. Whether in our heads or email, our brain only scans for what we are programmed to find.

OVERCOMING FAULT FINDING



A fault-finding mindset can make us more susceptible to depression, stress and poor health

Take Action

List 3 good things about today

Your brain will be forced to scan the last 24 hours for positive





Growing Resilient Innovative Teams & People

**Keep
In
Touch**

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