



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

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Growth Mindset, Motivation & Resilience

Overview

This course empowers delegates with the mindset, motivation, and resilience skills needed to navigate challenges, pursue goals with confidence and determination, and thrive in both their personal and professional lives.

Objectives

- Encourage delegates to adopt a growth mindset, believing that abilities can be developed through dedication and hard work, rather than being fixed traits.
- Equip delegates with the skills to bounce back from setbacks, cope with adversity, and adapt positively to change, fostering mental toughness and resilience in the face of challenges.
- Assist delegates in setting clear, achievable, and personally meaningful goals, and provide strategies for staying motivated and focused on their goals over time.
- Teach delegates techniques for cultivating positive thinking, fostering optimism, and reframing challenges as opportunities for growth and learning.
- Develop their emotional intelligence by increasing self-awareness, self-regulation, empathy, and social skills, enabling them to navigate interpersonal relationships and manage emotions effectively.

Course Prerequisite

None

Language of Delivery

English

Delivery Methods

Course is facilitated by a competent subject matter trainer, who utilises a combination of the following techniques to ensure that the session is practical and experiential: Discussion; Role Play; Exercises & Case Studies; Videos/DVD's; Games, Slide Shows & Written Questions.

Who should attend?

Any person with a drive to succeed.

Course Outline

This course consists of the following 5 modules

Module 1	Attitude and Beliefs: Know what is Important to You; Know your values; Attitude & Learn to Motivate Yourself; Challenge your Beliefs; Create a Motivational Mindset
Module 2	Motivation and Goal Setting: Different Motivational Theories; Set the right Goals; Creating a Motivating Environment
Module 3	Motivation, Problem Solving and Delegation: Training and Development as Motivation; Dealing with Problems; Making People feel Valued; Identifying Demotivation; Consulting Others; Delegating Effectively; Failure – an opportunity for Growth
Module 4	Motivate Your Team and Giving Feedback: Get the Right People on board; Motivational Meetings; Rewards and Recognition to Boost Morale; Listen Effectively; Provide Constructive Feedback; Motivating During Change; Motivating Underperformers & Teams
Module 5	The Importance of Resilience: What is Resilience?; Five Examples of Building Personal Resilience; What is Grit?; Why is Resilience Important?; How to Develop Resilience at Work; The Challenge of Constant Change; Managing Emotional State; How Resilient are You?; Achieve Greater Performance & Sustain Motivation

Additional Information

Duration	1 Day	
Includes	<ul style="list-style-type: none"> • Comprehensive Manual • Lunch & Refreshments (not applicable to on-site training) • Electronic Certificate (on successful completion of the course) 	<ul style="list-style-type: none"> • Electronic Trainer Feedback Report • Electronic Delegate Feedback Questionnaire