



Personal Growth and Wellbeing



Growth Mindset

A growth mindset is a concept from psychology. It is the belief that you can improve your intelligence and character through learning

You will learn:

- what a growth mindset is
- how to encourage a growth mindset
- the benefits of feedback
- about 'the learning zone' and 'the performance zone'

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Personal and Professional Development: Resilience

Learn how to adapt and be flexible in the face of challenging circumstances, whilst maintaining a stable mental outlook

You will learn:

- what resilience is
- why resilience is important
- how to improve your own resilience

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Personal Development and Self Awareness

Discover self-awareness and how it can help you develop.

You will learn:

- what self-awareness is and why it is important
- how to set SMART objectives
- action planning
- how to apply self-awareness

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Dealing with Stressful Situations

Find out how to deal with stressful situations at work and in life.

You will learn:

- what stress is
- what triggers and responses are
- how people cope with stress
- tools and techniques for managing stress

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Communicate Effectively

Use digital tools to communicate and collaborate with others in the workplace more effectively.

You will learn:

- how to hold a team meeting
- how to collect feedback
- how to create and share a proposal
- how to present information to an audience

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