



FREEDOM ENGLISH ACADEMY

Mindset

Tenure group: 7 months

Prerequisites: Book 3

Duration: 1 day

Objectives:

- Participants should be able to understand the concept of Mindset.
- Participants should be able to observe the importance of
- Positive Mindset in personal and professional life.





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09:00am – 09:30am	Welcome and introduction. Share the objectives with the participants. Ice- breaker. Get all participants to introduce the person sitting next to him to all the other participants. This way they will get to know each other better.
09:30 – 10:30am	The glad game. Request each participant to share one scenario where everything seems bad. The other participants will look for one good thing that came out of that experience. Discuss and debrief. Look for the silver lining.
10:30am – 11:00am	Activity: Chart making. What are the benefits of a positive mindset? What is its impact on professional life? What is the impact on personal life?
11:00am – 11:15am	Break
11:15am – 01:00pm	Activity contd. Once all the teams have prepared their charts, request them to share their charts with the rest of the group. Add where required.
01:00pm -01:30pm	Lunch
01:30pm – 02:00pm	Walk, stop...
02:00pm – 03:00pm	https://www.youtube.com/watch?v=36m1o-tM05g – Sam Berns talk. Discuss and debrief What were some of the things that come to mind after watching the video? What were some things that we face in our daily lives? How do you handle them? Has there ever been a time when you have given up?
03:00pm – 04:00pm	Experience sharing. Where and how has a fixed mindset not helped them out or otherwise? Help them understand how a growth mindset is beneficial in most cases. The fact is that no one can always have a growth mindset; however, we can strive to achieve it and by virtue of that become someone with a growth mindset. Although this part of the module largely talks about learning and growth, link it with that has been spoken about earlier. Positivity is still important. It is not just the effort that has to be positive but also the learning.
04:00pm – 04:15pm	Break
04:15pm – 05:00pm	https://www.youtube.com/watch?v=21j_OCnLuYg – Life is easy.
	What have they picked up from this workshop? What is the take away?
05:00pm – 06:00pm	Power Hour.