

# PROFESSIONAL DEVELOPMENT

## GRIT & RESILIENCE



**DURATION** 1/2 DAY

### COURSE VISION

Why do naturally talented people frequently fail to reach their potential while other far less gifted individuals go on to achieve amazing things? The secret to outstanding achievement is not talent, but a passionate persistence.

### COURSE MISSION

In this dynamic and fast-paced masterclass you will learn how you can build the habits of perseverance and implement Deliberate Practice into your life.

### COURSE METHODOLOGY

- Assess your own level of grittiness and pinpoint areas for improvement
- Complete an interest inventory to uncover your animating passions
- Craft a 4-step plan to implement Deliberate Practice in your life and master a new 'hard thing'
- Develop your Growth Mindset by reframing challenges
- Understand the connection between optimism and grit

### WHO IS THE COURSE SUITABLE FOR?

This course is suitable for middle to high level managers and leaders and those responsible for the development of staff.

