



The Science of The Adaptive Mindset

Introductory Level: 1 Day Workshop

Understanding the Logical and Emotional Mindset.

Improves our ability to adapt *to* change, by reducing our natural resistance when confronted *with* change.

Trying to understand what motivates people is a challenge many organisations face.

Companies have sought to understand their employees by personality profile, by character attributes and by other numerous learning methods, resulting in various levels of success.



New research has shown that what actually motivates people is not so much determined by our personality but instead by our mindset.

The fundamental difference is that our mindset is a learnt condition reflecting our own beliefs about our limitations and capabilities. Whereas our personality simply expresses these beliefs.

Our mindset is like a database where we store all of our patterns of behaviours, experiences and opinions about our abilities.

The previous statement goes some way to explain the choices people make when 'the going gets tough'. Some will find a reason to quit, others will find a reason to persist. Even within the same personality traits, this divide is found.

True Colours is an organisation which supports the development of an Adaptive Mindset and provides a compelling understanding of how a defensive mindset will inhibit the results we are otherwise able to achieve, providing skills to overcome this attitude.

For more information please email: info@truecoloursgroup.com

Call : 1300 73 11 19