



# High Performance Mindset

## DESCRIPTION

# High Performance Mind-set

by Inroads Leadership Development

## Why

Attitudes and behaviours are fundamental to the well-being and growth of an individual as well as an organization. Having the right mind-set helps drive the right behaviours which can shape destiny.

## High Level Description

There is a saying “We don’t see things as they are, we see them as we are”. Our preconceptions can dramatically alter the way we perceive the world.

Our attitude determines our ability to grow and to learn, overcome challenges, and create bonds with others. We explore positive thinking and can-do attitude; the concept of intellectual curiosity and its importance; locus of control and how it influences accountability. We delve into growth and fixed mindsets and the neuroscience behind it; the effect of effort and failure and how to overcome challenges;

comfort zone – the need to get out of it. And finally, the need for an open mind without which none of the above is possible.

## Learning Outcome

Participants at the end of the training program will be able to:

- Appreciate why mind-set is important
- Learn steps to attitude change
- Learn the components of attitude
- Discover their own mindset w.r.t. growth vs. fixed mind-set
- Learn the neuroscience behind mind-sets
- Understand and apply locus-of-control concepts
- Step out of their comfort zones
- Develop an appreciation of Intellectual curiosity
- Learn framework to change their own behaviours



## Learning Methodology

The workshop provides experiential learning through effective use of storytelling, role plays, videos etc. to make them high on impact & learn while having fun. Along with high impact, they are also high on energy which appeals to the emotions, inspires and transforms.



## About Inroads

Inroads equips organizations to achieve great performance and meaningful growth on critical leadership skills, supported by high-energy workshops, coaching and consulting.

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