

The Power of Mindset: It's All in Your Head

The power to retool or reinvent during times of transformation starts with mindset. This talk teaches a powerful new method of understanding how our thinking really works and how to use the power of mindset to adapt and learn. Audiences will learn the differences between a flexible and a fixed mindset and how seemingly small differences in mindset shape all of our interpretations, decisions and behaviors. Attendees will learn new approaches that will help them see different perspectives and adapt in high stakes situations. They will hear ways to use counterintuitive learning processes to succeed in fast changing and uncertain environments.

*Optional - This session offers a powerful, live EEG demonstration (visual representation of brain activity) allowing attendees to witness the cognitive patterns associated with innovative thinking.

Major Subjects:

- A powerful new model to understand your own thinking
- Moving from a predictive culture to an adaptive culture
- The psychology of adaptability and resilience
- Inoculate organizational DNA to alter the group mindset
- The psychology of growth culture
- What causes attitudes to shift and behavioral patterns to emerge
- The role of trust in adaptation

Learning objectives: Attendees will learn the characteristics of an adaptive culture and how to adopt a culture that thrives on change. They will learn the characteristics of an adaptive culture including how to spark seeking circuitry, and the science behind resilience and trust.

Level: Basic

Prerequisites: None

Advanced preparation: Not required

Hours: 1-4. Session available in 1-2 hour keynote format, a 1-2 hour presentation format or 2-4 hour workshop format.

Designed for: Analysts, auditors, governance and compliance professionals, and those working in the IT, HR, legal, and medical professions as well as executives, policymakers and other decision makers interested in learning how to use mindset to adapt and thrive in a rapidly changing environment.

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