

Workplace Wellbeing

Mindset

Mindset is a set of beliefs that affect how you think, feel and behave. The mindset you adopt affects your outlook on life, shapes your actions and impacts your future... but your mindset is not set in stone. This module explores the different types of mindset and how to modify your own, to make a positive impact on your life.

In this Module

Videoscribe explainer video, with professional audio (duration: 03:21)

English Subtitles

8 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Believe in yourself.
2. Develop a growth mindset.
3. Avoid confirmation bias.

