FUTURE READY™ MINDSETS

GROWTH MINDSET™

Building the Habits to **Learn, Adapt & Thrive** in a Changing Workplace

Develop a Growth Mindset to embrace change, overcome setbacks and create your best future.



A PRACTICAL WORKSHOP

FOR HIGH PERFORMANCE & FUTURE READINESS

THE 5 GROWTH PRACTICES™

1. THINK BETTER™
Replace limiting beliefs and see possibilities.

2. LEARN BETTER™
Be curious, seek feedback and keep growing.

3. ADAPT BETTER™
Embrace change, build resilience and stay agile.

4. RELATE BETTER™
Learn from others and create a culture that helps all grow.

5. GROW BETTER™
Build habits for continuous improvement.

GROW TODAY. ADAPT TOMORROW. THRIVE TOGETHER.
Empowering individuals. Strengthening teams. Building future ready organisations.

PART OF THE
FUTURE READY™
DEVELOPMENT ECOSYSTEM

WHY GROWTH MINDSET MATTERS TODAY

The world of work is changing faster than ever.
Growth Mindset is no longer optional — it is essential.

TODAY'S WORKPLACE REALITIES

RAPID CHANGE & DISRUPTION
Technology, AI and market shifts are transforming the way we work.

HIGHER EXPECTATIONS
Organisations expect more agility, innovation and continuous improvement from everyone.

UNCERTAINTY IS THE NEW NORMAL
We face constant change, new challenges and situations we have never experienced before.

NEED FOR LEARNING AGILITY
The ability to learn, unlearn and relearn is a key differentiator for individuals and teams.

WELLBEING & RESILIENCE
A growth mindset builds confidence, strengthens resilience and supports mental well-being.

THE IMPACT OF A GROWTH MINDSET

STRONGER PERFORMANCE
Embrace challenges, learn faster and deliver better results.

INNOVATION & CREATIVITY
Open to new ideas, explore possibilities and drive continuous improvement.

GREATER RESILIENCE
Bounce back from setbacks, stay positive and keep moving forward.

BETTER RELATIONSHIPS
Encourage collaboration, trust and mutual support within teams.

FUTURE READY
Adapt to change with confidence and thrive in a dynamic environment.



> *In a world of constant change, those who grow will not just survive, they will lead.*

Growth Mindset is the foundation for personal success and organisational growth.

**GROWTH IS A CHOICE.
LET'S CHOOSE IT TOGETHER.**

This workshop equips you with practical mindsets, tools and habits to learn, adapt and thrive — every day.

THE 5 GROWTH PRACTICES™

A SIMPLE FRAMEWORK. POWERFUL IMPACT.

These five practices form the foundation of a Growth Mindset.
Master them and you will be better equipped to learn, adapt and thrive in any situation.

1. THINK BETTER™

REPLACE LIMITING BELIEFS

Your mindset shapes your reality.

- Understand Fixed vs Growth Mindset
- Challenge self-limiting beliefs
- Reframe challenges with possibility thinking
- Embrace the power of "Not Yet"

KEY OUTCOMES

- More positive self-talk
- Greater confidence to try
- See challenges as opportunities

2. LEARN BETTER™

BECOME A CONTINUOUS LEARNER

Curiosity turns experience into growth.

- Cultivate curiosity and a love for learning
- Seek and use feedback constructively
- Develop learning agility
- Turn mistakes into valuable lessons

KEY OUTCOMES

- Learn faster and retain more
- Improve through feedback
- Develop a habit of learning

3. ADAPT BETTER™

BECOME COMFORTABLE WITH CHANGE

Adaptability is a key to future readiness.

- Embrace uncertainty and ambiguity
- Build resilience under pressure
- Stay flexible and open to new ways
- Bounce back stronger from setbacks

KEY OUTCOMES

- Handle change with confidence
- Recover quickly from setbacks
- Stay calm, agile and resilient

4. RELATE BETTER™

LEARN THROUGH OTHERS

We grow stronger together.

- Learn from colleagues and different perspectives
- Build trust and psychological safety
- Give and receive feedback with respect
- Support and encourage others to grow

KEY OUTCOMES

- Stronger collaboration
- Better relationships
- A supportive growth culture

5. GROW BETTER™

BUILD SUSTAINABLE HABITS

Small steps. Consistent action. Big results.

- Focus on small, consistent improvements
- Celebrate progress and small wins
- Reflect, refine and keep growing
- Create and follow your growth plan

KEY OUTCOMES

- Make steady, meaningful progress
- Stay motivated and focused
- Achieve long-term growth

5 PRACTICES. ONE MINDSET. LIMITLESS POSSIBILITIES.

When you apply these five practices consistently, you unlock your potential, elevate your performance and create a better future for yourself and others.



ONE-DAY LEARNING JOURNEY

EXPERIENCE. REFLECT. APPLY. GROW.

An engaging and interactive journey designed to help participants understand, practise and apply the 5 Growth Practices™.

TIME	SESSION	FOCUS
9.00 am – 9.30 am	**OPENING ACTIVITY** *The Growth Challenge*	Engage, energise and set the tone for the day.
9.30 am – 10.15 am	**WHY GROWTH MINDSET MATTERS TODAY**	Trends, opportunities and mindset shift.
10.15 am – 11.00 am	**FIXED vs GROWTH MINDSET**	Understanding the two mindset patterns.
11.00 am – 11.45 am	**PRACTICE 1** **THINK BETTER™**	Replace limiting beliefs and reframe challenges.
11.45 am – 12.30 pm	**PRACTICE 2** **LEARN BETTER™**	Build curiosity, seek feedback and grow continuously.
12.30 pm – 1.30 pm	**LUNCH BREAK**	Recharge and connect.
1.30 pm – 2.15 pm	**PRACTICE 3** **ADAPT BETTER™**	Embrace change, build resilience and stay agile.
2.30 pm – 3.15 pm	**PRACTICE 4** **RELATE BETTER™**	Learn through others and create a supportive culture.
3.30 pm – 4.15 pm	**PRACTICE 5** **GROW BETTER™**	Build sustainable habits and plan for growth.
4.15 pm – 4.45 pm	**PERSONAL GROWTH PLAN**	Create your 30-Day Growth Action Plan.
4.45 pm – 5.00 pm	**COMMITMENT & REFLECTION**	Commit, share and celebrate the journey.

OUR LEARNING APPROACH

A practical and participative workshop that brings learning to life.

TELL
Key concepts explained simply and clearly.

SHOW
Real examples, stories and case illustrations.

DO
Hands-on activities, discussions and experiential learning.

REFLECT
Guided reflection to deepen awareness and insight.

APPLY & COACH
Apply learning to real situations and get feedback.

WORKSHOP HIGHLIGHTS

- Highly interactive and practical
- Real workplace applications
- Proven frameworks and tools
- Action-oriented and results focused
- Personalised growth planning

> *"Growth is not a destination. It is a daily commitment to become better than yesterday."*



**A MINDSET THAT GROWS YOU.
HABITS THAT TRANSFORM YOUR WORK AND LIFE.**

When we grow together, we build stronger teams, better results and a brighter future.

SIGNATURE TOOLS & EXPECTED OUTCOMES

Practical tools, engaging activities and proven frameworks to inspire insight, build skills and drive real change.

OUR SIGNATURE TOOLS™

TOOL 1
CHALLENGE RADAR™

Assess how you currently respond to challenges and identify opportunities for growth.

TOOL 2
EFFORT MASTERY LADDER™

Understand the relationship between effort, learning and mastery.

TOOL 3
FAIL FORWARD LOOP™

Turn mistakes and setbacks into valuable lessons and fuel for future success.

TOOL 4
MINDSET MANIFESTO CANVAS™

Create your personal growth commitments and guide your journey forward.

EXPECTED OUTCOMES

At the end of this workshop, participants will be able to:

- Think with a growth mindset and embrace new possibilities.
- Respond to challenges with confidence and resilience.
- Learn continuously and seek feedback for improvement.
- Adapt better to change and uncertainty.
- Collaborate and support growth in others.
- Build habits that lead to consistent personal growth.
- Create a practical action plan and commit to growth.

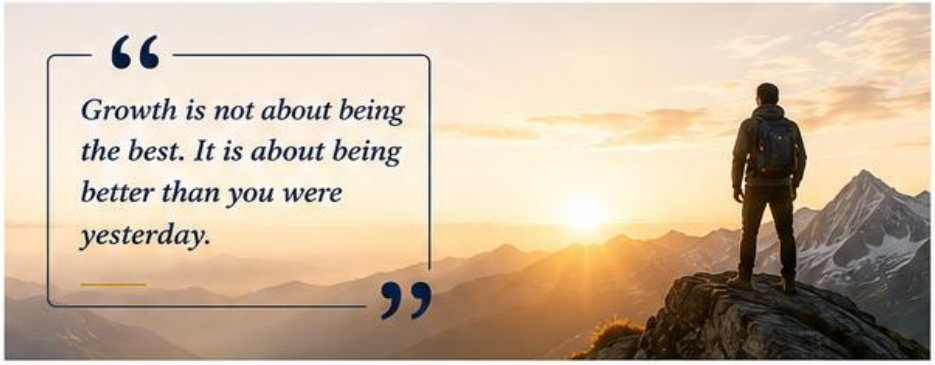
THE ORGANISATIONAL IMPACT

- Stronger performance and productivity
- Greater innovation and problem solving
- More engaged and resilient teams
- Better collaboration and communication
- Future ready and adaptable workforce

WHO WILL BENEFIT

- Executives & Managers
- Team Leaders & Supervisors
- All Employees
- Anyone committed to personal and professional growth

> *Growth is not about being the best. It is about being better than you were yesterday.*



GROWTH IS A JOURNEY, NOT A DESTINATION.
LET'S GROW TOGETHER.

Equip your people with the mindset, tools and habits to learn, adapt and thrive — every day.



MEET YOUR FACILITATOR

Inspiring Growth. Empowering People. Building Better Futures.

VERNON C FERNANDEZ

Vernon is a corporate soft skills trainer, facilitator and learning consultant with over 30 years of experience in people development, communication and leadership.

He has trained and inspired thousands from diverse industries including manufacturing, high technology, hospitality, services and government organisations.

Vernon is passionate about developing practical, impactful and engaging learning experiences that create real change in behaviour, performance and mindset.

30+
YEARS EXPERIENCE

Facilitating learning and development across industries and cultures

1000+
PROGRAMMES DELIVERED

Workshops, training programmes and learning solutions

10,000+
PARTICIPANTS IMPACTED

Empowered individuals and teams to grow, adapt and excel

AREAS OF EXPERTISE

- Leadership & People Development
- Communication & Influence
- Mindset & Behaviour Change
- Teamwork & Collaboration
- Customer Service Excellence
- Facilitation & Experiential Learning

TRAINING PHILOSOPHY

> *Learning should be relevant, engaging and practical. When people connect, reflect and apply, transformation begins.*

Vernon's interactive and engaging facilitation style creates a safe environment for learning, reflection and growth.

WHAT PARTICIPANTS SAY

> "Vernon has a rare ability to blend expertise, storytelling and practical activities that make learning meaningful and memorable."
>
> – Training Manager

> "Highly engaging, practical and insightful. The tools and concepts are easy to apply in our daily work."
>
> – Workshop Participant

> "Vernon creates a positive learning atmosphere that encourages participation, reflection and action."
>
> – HR Business Partner

COMMITTED TO MAKING LEARNING A POWERFUL EXPERIENCE THAT INSPIRES GROWTH AND DRIVES RESULTS.

Every programme is designed to be practical, relevant and impactful — creating lasting change for individuals, teams and organisations.