

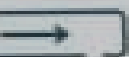


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Global Learning for Operational Leaders

Executive

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INTERPERSONAL SKILLS AND SELF DEVELOPMENT | ISSD-008

Growth Mindset and Continuous Learning

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Course content

Why Attend

In a fast-changing world, the ability to learn continuously is a key career advantage. People with a growth mindset embrace challenges, learn from feedback and adapt.

This Aractech course covers fixed and growth mindsets, learning how to learn, curiosity, deliberate practice, learning from failure and feedback, reskilling, learning habits and supporting learning in teams. Participants design a personal learning plan.

Course Methodology

- Interactive sessions
- Self-assessments
- Practical techniques
- Group discussions
- Learning plans

Course Objectives

- Explain fixed and growth mindsets
- Apply effective learning techniques
- Use deliberate practice
- Learn from feedback and failure
- Build continuous learning habits
- Support learning in teams

Target Audience

- Professionals at all levels
- Managers and team leaders

Course content

- HR and learning professionals
- Graduates

Course outline

Detailed course outline

Day-by-day outline for Growth Mindset and Continuous Learning.

Day 1 - Mindsets

- 09:00-09:45 | Fixed and growth mindsets
- 09:45-10:30 | Research
- 10:30-11:00 | Self-assessment
- 11:00-11:30 | Coffee break
- 11:30-11:45 | Self-assessment (continued)
- 11:45-12:30 | Language
- 12:30-14:00 | Exercise: Mindset reflection

Day 2 - Learning How to Learn

- 09:00-09:39 | How memory works
- 09:39-10:56 | Spaced practice
- 10:56-11:00 | Retrieval
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Retrieval (continued)
- 12:05-12:43 | Note-taking
- 12:43-14:00 | Workshop: Learning techniques

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Day 3 - Practice and Feedback

- 09:00-10:17 | Deliberate practice
- 10:17-10:56 | Feedback
- 10:56-11:00 | Failure
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Failure (continued)
- 12:05-12:43 | Experimentation
- 12:43-14:00 | Exercise: Practice plan

Day 4 - Habits

- 09:00-09:45 | Learning habits
- 09:45-10:30 | Time for learning
- 10:30-11:00 | Resources
- 11:00-11:30 | Coffee break
- 11:30-11:45 | Resources (continued)
- 11:45-12:30 | AI for learning
- 12:30-14:00 | Case study: Reskilling journey

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Day 5 - Learning Teams

- 09:00-09:54 | Team learning
- 09:54-10:48 | Psychological safety
- 10:48-11:00 | Knowledge sharing
- 11:00-11:30 | Coffee break
- 11:30-12:12 | Knowledge sharing (continued)
- 12:12-13:06 | Coaching
- 13:06-14:00 | Capstone: Personal learning plan

Seminar dates

Available seminar dates

Live dates and pricing for Growth Mindset and Continuous Learning generated from the course details page.

Date	Location	Format	Fee
16 - 20 November 2026	London	Classroom	€2,315
7 - 11 December 2026	Istanbul	Classroom	€1,978
11 - 15 January 2027	London	Classroom	€2,315
8 - 12 February 2027	Geneva	Classroom	€4,315
8 - 12 March 2027	Rome	Classroom	€3,460
12 - 16 April 2027	Cape Town	Classroom	€1,625
10 - 14 May 2027	Amsterdam	Classroom	€2,830
14 - 18 June 2027	London	Classroom	€2,315
12 - 16 July 2027	Istanbul	Classroom	€1,978
9 - 13 August 2027	London	Classroom	€2,315

Seminar dates

Available seminar dates

Live dates and pricing for Growth Mindset and Continuous Learning generated from the course details page.

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13 - 17 September 2027	Geneva	Classroom	€4,315
11 - 15 October 2027	Rome	Classroom	€3,460
8 - 12 November 2027	Geneva	Classroom	€4,315
13 - 17 December 2027	Amsterdam	Classroom	€2,830
16 - 20 November 2026	Online / Live	Online / Live	€1,815
7 - 11 December 2026	Online / Live	Online / Live	€1,815
11 - 15 January 2027	Online / Live	Online / Live	€1,815
8 - 12 February 2027	Online / Live	Online / Live	€1,815
8 - 12 March 2027	Online / Live	Online / Live	€1,815
12 - 16 April 2027	Online / Live	Online / Live	€1,815

Seminar dates

Available seminar dates

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Date	Location	Format	Fee
10 - 14 May 2027	Online / Live	Online / Live	€1,815
14 - 18 June 2027	Online / Live	Online / Live	€1,815
12 - 16 July 2027	Online / Live	Online / Live	€1,815
9 - 13 August 2027	Online / Live	Online / Live	€1,815
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