

Growth Mindset & Resilience

This workshop will help cultivate resilience and a growth mindset, empowering you to embrace challenges and continuously develop.

Who is it for?

The Growth Mindset and Resilience Workshop is ideal for

- Those who doubt their ability
- Those who wish to succeed but unsure of their capability
- Anyone who wishes to develop their potential

How will this workshop help me?

This workshop will equip you with the essential skills to understand:

- That learning is a journey, not a destination
- The power of mindset, and how you can train yours to grow and develop.
- How to embrace challenges and view them as exciting rather than threatening
- How to cultivate a positive attitude
- How to embrace failure as a learning opportunity
- The importance of continuous learning.

This workshop will be led by Caroline Lamb who has worked in a number of senior positions within a variety of international organisations both public and private sector.

Cost:

Apprentice: Free
Partner: £75
Commercial: £150

Delivery:

Online
3 hours
9:30am - 12:30pm

Workshop dates:

25th February 2026
9th July 2026

To book your place on this workshop

 Janet@wbtc-uk.com  01635 35975

