



Practical Approach: Uncovering your Growth Mindset



29 June 2021
Tuesday
3pm to 4pm.

Complimentary.

*Limited slots available.
Prior registration is required.*

Having the right mindset is half the battle won and keeps us on track to be motivated to accomplish a task or project, make decisions, build relationships, or simply just to live life. Popularised by American Psychologist Carol Dweck, the Growth Mindset is what sets you thinking differently from someone with the fixed mindset. The hallmark of the Growth Mindset essentially is based on the belief that talents can be developed and cultivated through your efforts. Other traits often associated with the Growth Mindset are positivity, optimism, resilience, lifelong learning and zest for life.

What does Growth Mindset mean for us in our daily lives at work and home and how can we apply it?

Come join us for a 1-hour webinar where you will learn how to gain the self-awareness to uncover and understand the Growth Mindset, to apply to all areas of your professional and personal life.

Key Discussion Points

1. Differentiate between Growth Mindset and Fixed Mindset
2. Learn about the factors which contribute to our mindset
3. Explore the tools for framing and reframing mindset
4. Be equipped with practical strategies for applying the Growth Mindset

About the speaker

Alex Loh is a consultant, coach, trainer and podcast host in the wellness, fitness and health space, business owner, loving husband and doting father. Driven by the desire to help people, Alex coaches businesses and individuals to find purpose, experience growth and achieve targeted success.

He has more than 20 years of leadership experience in various industries such as hospitality, education, F&B, health and wellness, retail, events management and co-working space, to name a few. Having represented Singapore in Water Polo at the Asian Games, Commonwealth Games and SEA Games, Alex has attributed the resilience and mental toughness from years of competitive sport as a main driving force in helping him push through the most trying times.



Do note that this webinar has limited availability.

Sign up today to reserve your slot!

[Click Here to Register](#)

Or Scan the QR code below!



You may also contact us at:
Email: meggie.ho@dnb.com.sg
Direct Line: 6439 6616

- Webinar will be hosted on the Zoom app • Participants are required to download the Zoom app before the webinar begins •
- Session will open 15min before the webinar starts • All questions for the Q&A sessions are to be posted on the chat window •

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