



Boost Your Superpower For Growth



Thesis:

**Learning is the
new working.**

But:

**Lifelong learning
isn't always as easy
as it might sound.**

Good news:

**We can train these
competencies.**

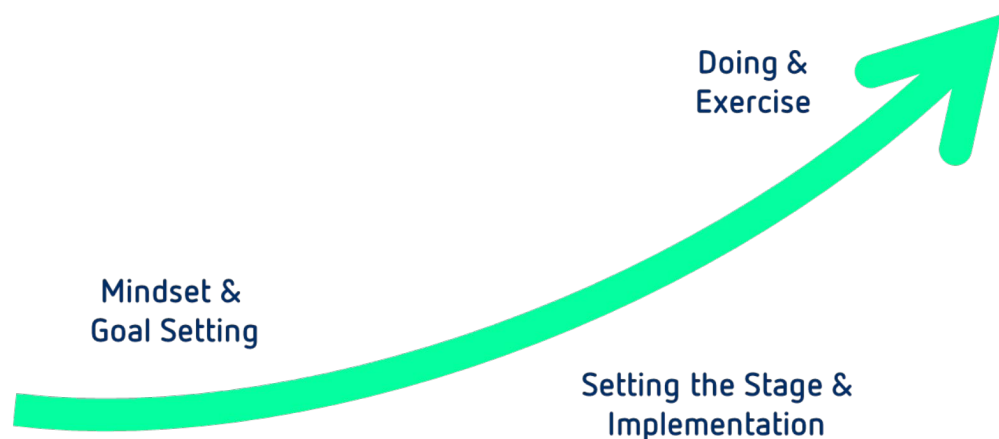
Boost Your Superpower For Growth

YOUR Growth
Booster

This program puts a spotlight on **individual learning capabilities** which will be key skills for change and growth. Providing **science-based inspiration** and tools for **practical application** to work on self-efficacy and achieving individual **mindset and behavior shift**.

Learning Goal:

Participants learn to actively work on their **growth mindset, learning skills, and self-leadership** to integrate self-directed learning & personal growth into the daily routine and thus achieve their goals.



Ambitious Achievers –
You are eager to learn [about yourself]



Growth Mindset, Self Leadership & Learnability –
e.g., focus, habits, motivation, resilience, learning projects



Intense Online Program –
Live modules accompanied with guided study groups



90 min per live session, 60 min per study group,
15 minutes pre-/post preparation per week



No Participant Fee



Program start: March 11 – November 4, 2026
Languages: German & English

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Why you should attend

You should attend if you are eager to foster your learning mindset, behavior, and self-management competencies for balancing performance tasks and targets

Special Target Groups:

- Employee Scholarship participants
- „Your Campus“ trainers
- Organizational wildcards

What you will learn

You will work on simple, everyday capabilities to be ready for an ever-changing work environment.

- Shape individual targets in line with your personal values; plan how to follow up within your own ecosystem and work routine
- Work on your growth mindset, beliefs and psychological flexibility
- Set a focus and build healthy habits
- How to make use of emotions and strengths for learning
- Overcoming obstacles with self-compassion and motivation
- Get in the flow of work: Actively switch between learning and performance zone

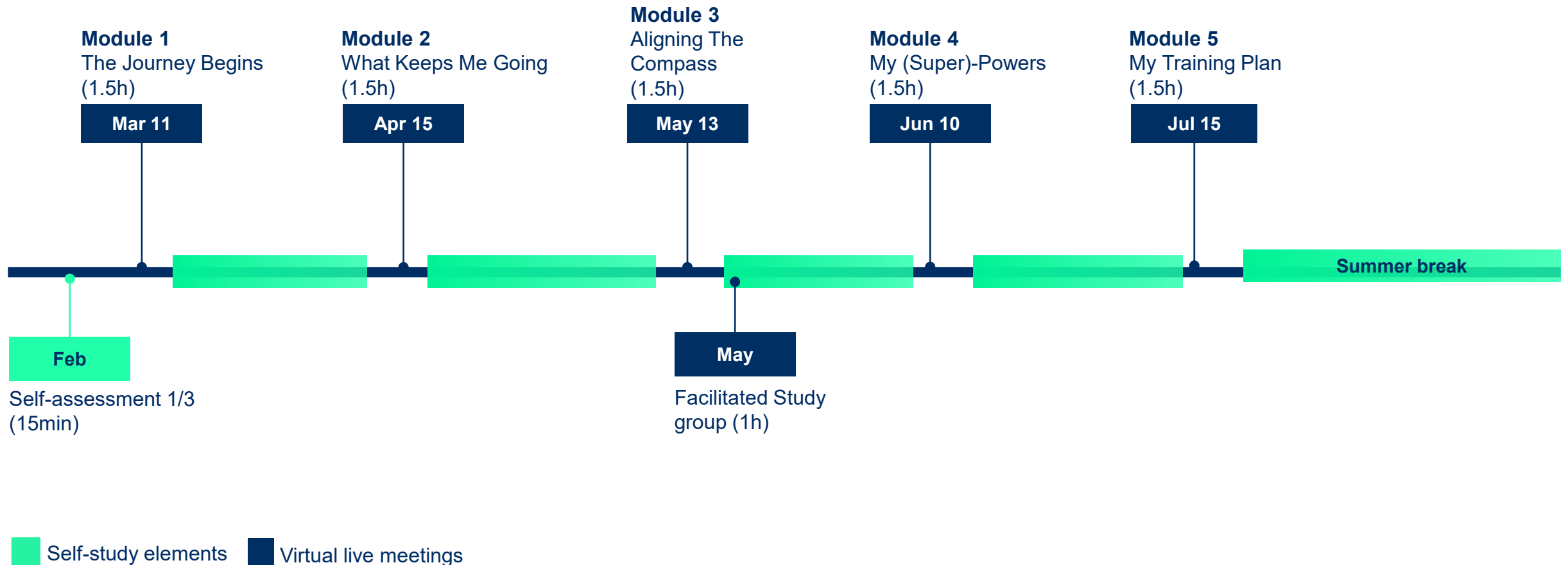
What you can expect

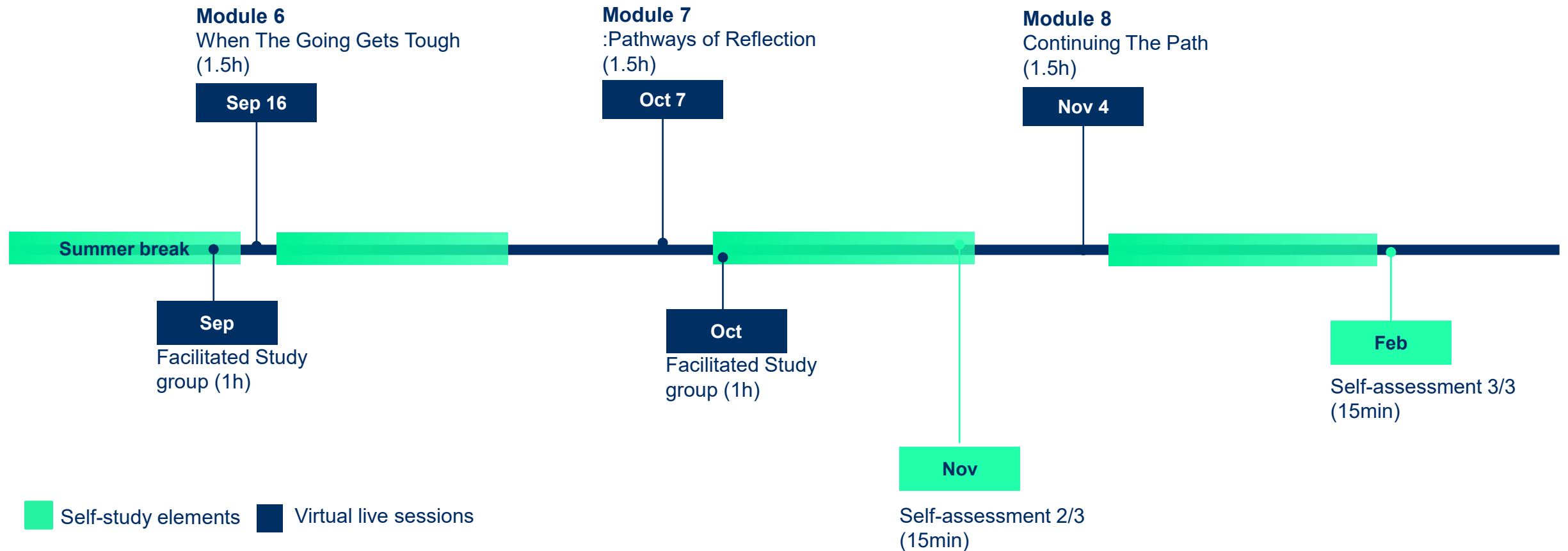
- Guided, highly interactive program to prepare or to actively pursue your specific personal growth targets
- Virtual live modules accompanied by self-directed learning
- Social learning: Study groups
- On the job: Follow up your learning with a journal
- Feel your self-efficacy based on data of your personal self-assessment (pre, post and 3 months after the program). See what has changed!

Timeline

Boost your [Learning] Mindset & Behavior

This experience-focused, guided learning journey enables you to integrate growth and learning more flexibly into your everyday life, thereby increasing their effects.

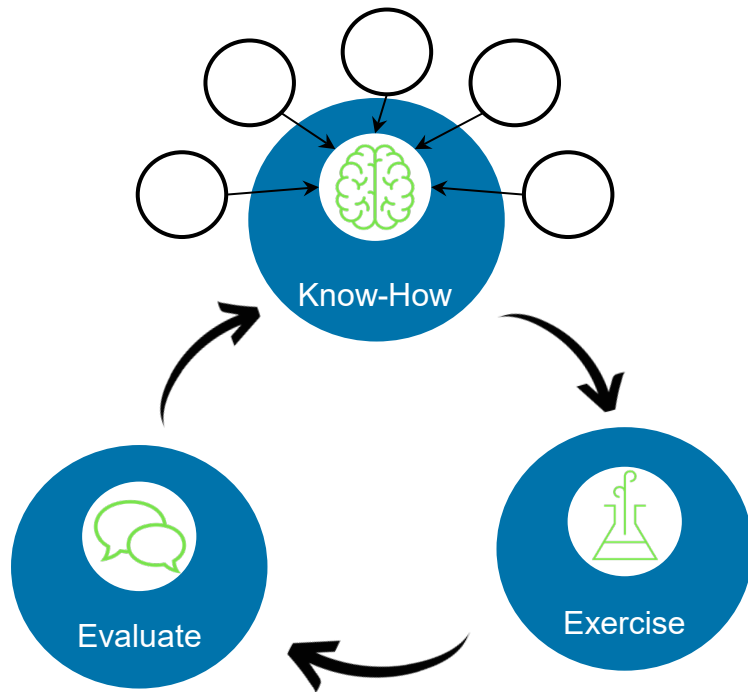




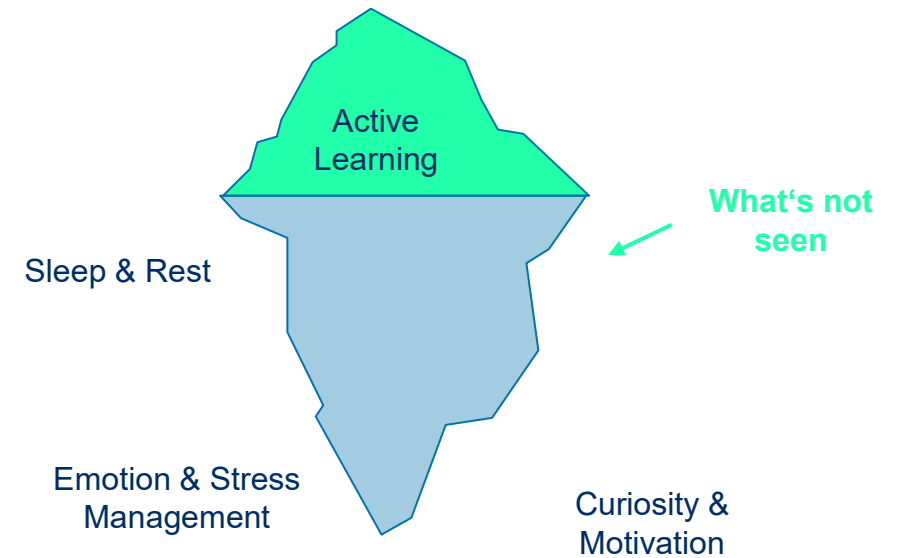
CONTENT

It's no rocket science - it's about exercising

How learning and change happens.



What it takes to learn effectively.



Your Learning Experience

Module Overview

YOUR Growth
Booster

Module 1 | The Journey Begins

Kick-off: Get-Together and Program Outlook

- **Get-together:** Meet your program peers
- **Impulse:** Learning means adaptability. How lifelong learning supports you to extend your comfort zone
- **The mix makes all the difference:** Future proof self-leadership aligned with a growth mindset.
- **Program templates:** Intro to templates e.g., value ranking, learning goal finder
- Work on your first "follow-up task" with AI



March 11, 2026

DE: 9.00 am CET – EN: 4.30 pm CET

Module 2 | What Keeps Me Going

Motivation and Key Values

- **Motivation:** What motivates you? About intrinsic and extrinsic motivators, basic psychological needs and how to create a fertile ground for motivation in everyday life.
- **Purpose & values:** Get helpful insights about values and identify your key values.
- **Program templates:** Creating a fertile ground for motivation, learning goal canvas



April 15, 2026

DE: 9.00 am CET – EN: 4.30 pm CET

Your Learning Experience

Module Overview

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Module 3 | Aligning The Compass

Goal Setting & Focus

- **Goals:** Setting demanding but not overwhelming goals. Value-goals-focus-funnel
- **Learning goal:** What could be my first focused goal? Set up a stage plan focusing on just one aspect of your desired behavior.
- **Program templates:** Intro to the stage plan.



May 13, 2026

DE: 9.00 am CET – EN: 4.30 pm CET

Module 4 | My (Super)-Powers

Strengths & Emotions

- **Own resources:** Identifying your own signature strengths and why they might be a hurdle sometimes; about "what" and "how" strengths.
- **Strengths:** How to use your strengths to follow up on your learning behavior.
- **Fun and emotions:** How having fun and making use of emotional science supports our studies.
- Elaborate how to use strengths for your learning goal with your AI.



June 10, 2026

DE: 9.00 am CET – EN: 4.30 pm CET

Your Learning Experience

Module Overview

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Module 5 | My Training Plan Key Competencies & Habits

- **Habits:** How to build new habits. Using habits to build your own learning routine or to follow up on your goals.
- **Learning goal:** Define the learning habit that boosts you most
- **AI Challenger:** Is this your new habit scope doable, small enough, etc. Challenge your new habit goal for the next weeks



July 15, 2026

DE: 9.00 am CET – EN: 4.30 pm CET

Module 6 | When The Going Gets Tough Self-Compassion & Learning vs. Performance

- **Growth and Fixed Mindset:** Understanding the value of both and knowing when to apply each effectively. The abilities to consciously switch between different mental states.
- **Hurdles:** What are your main hurdles that stop you from pursuing your values, goals, and development?
- **Self-compassion:** Why self-compassion is more important than self-esteem, and how to train it.
- **Learning vs. Performance:** Balancing learning targets and performance tasks.



September 16, 2026

DE: 9.00 am CET – EN: 4.30 pm CET

Your Learning Experience

Module Overview

YOUR Growth
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Module 7 | Pathways of Reflection

Learning vs. Performance

- **Reflection:** Why reflecting your learning strategies and mindset is key to boost your behavior
- **Circles of influence:** Get to know your own circles of influence to focus your energy.
- **Stress management:** Distinction from extrinsic needs, how to really get rid of stress



October 7, 2026

DE: 9.00 am CET – EN: 4.30 pm CET

Module 8 | Continuing The Path

Wind-Up

- Reflect on the past months in the year-end reflection
- Elaborate your New Year's learning and behavior resolutions
- **AI Masterprompt:** Design your own AI "Growth Booster" agent, which will inhabit all your reflections, learnings and goals from this journey for your next year and supports you to follow up during performing.
- Program wind-up



November 4, 2026

DE: 9.00 am CET – EN: 4.30 pm CET

Schedule

Boost your [Learning] Mindset & Behavior

YOUR Growth
Booster

Live-Meetings

Times DE: 9.00am CET – EN: 4.30pm CET

Module 1 Kick-off

March 11

Module 2 Motivation & Key Values

April 15

Module 3 Goal Setting & Focus

May 13

Module 4 Strengths & Emotions

June 10

Module 5 Key Competencies & Habits

July 15

Module 6 Self-Compassion & Stress Management

September 16

Module 7 Learning vs. Performance

October 7

Module 8 Wind-Up

November 4

Social Learning

Self-Assessment

February

Study Group (self-guided)

May

Study Group (self-guided)

September

Study Group (self-guided)

October

Self-Assessment

November

Self-Assessment

February

What's next?

Want to know more?

Have a look on our [program website](#)

1

Sign up!

November 17, 2025 – January 16, 2026

[Register here!](#)

2

Explore.

We'll send you a little package containing your study material and journal.

3

Kick-off.

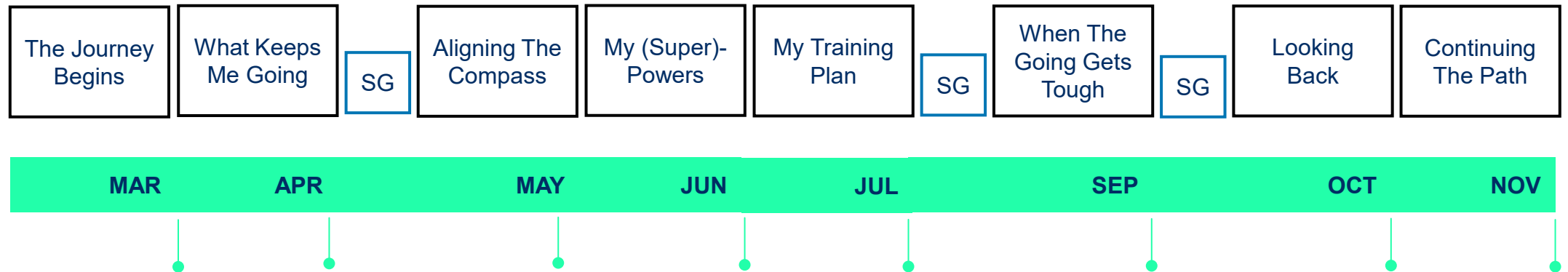
Block your calendars – See you there!

**Be quick:
first come,
first served**

Timeline

Boost your [Learning] Mindset & Behavior

Virtual Workshops – Self-directed Learning – Application – Feedback



Self-Assessments & Deepening Online Modules:

- **Self-assessment** to measure self-efficacy and change of own behavior at three different points of time
- Deepening **Online Modules** to follow up on topics and tools for the own learning project with individual pace

Study Groups:

- **Understand and practice** techniques for growth mindset, self-leadership and learnability in daily routines
- **Discuss and Reflect** in a guided groups
- A learning experience that supports **transfer** of takeaways into business life