

YOUR Growth
Booster

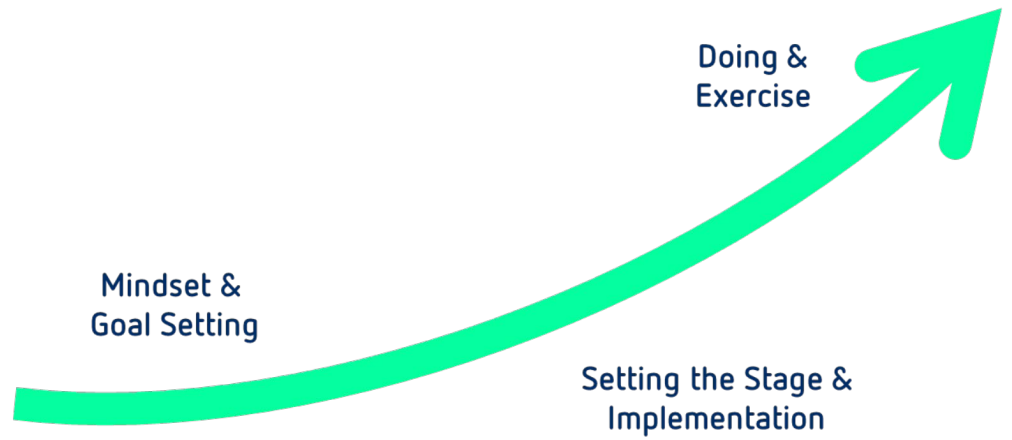
Boost Your Superpower For Growth


Boost Your Superpower For Growth


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 (By Invitation Only) –**
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:** February 28, - November 6, 2024
Languages: German & English

Boost Your Superpower For Growth

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 learning targets

Special Target Groups:

- Career Development Pool participants
- 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

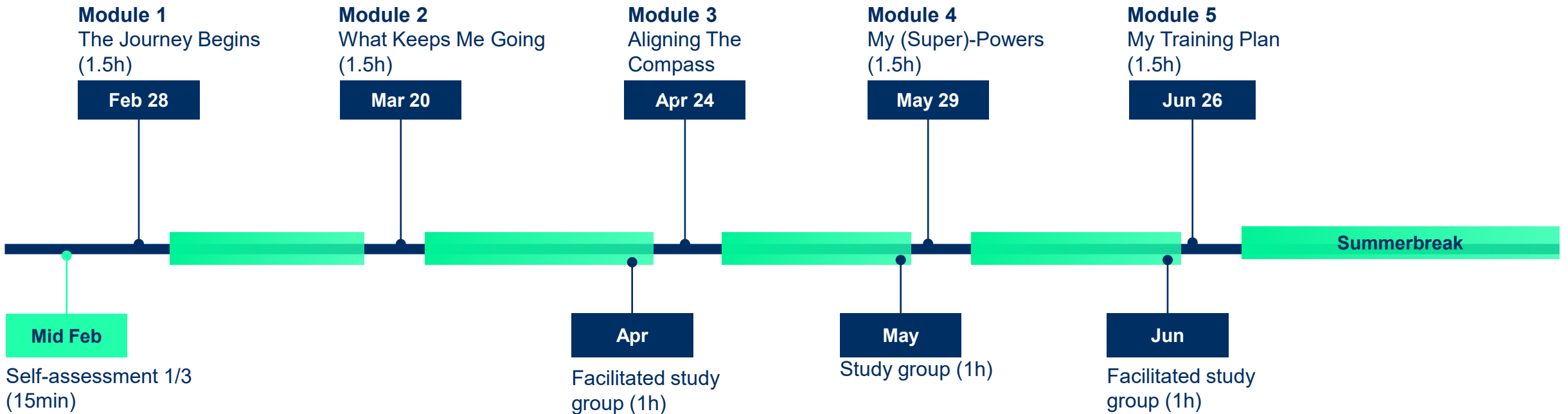
What you can expect

- Guided, highly interactive program to prepare or to actively pursue your specific learning target
- 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!

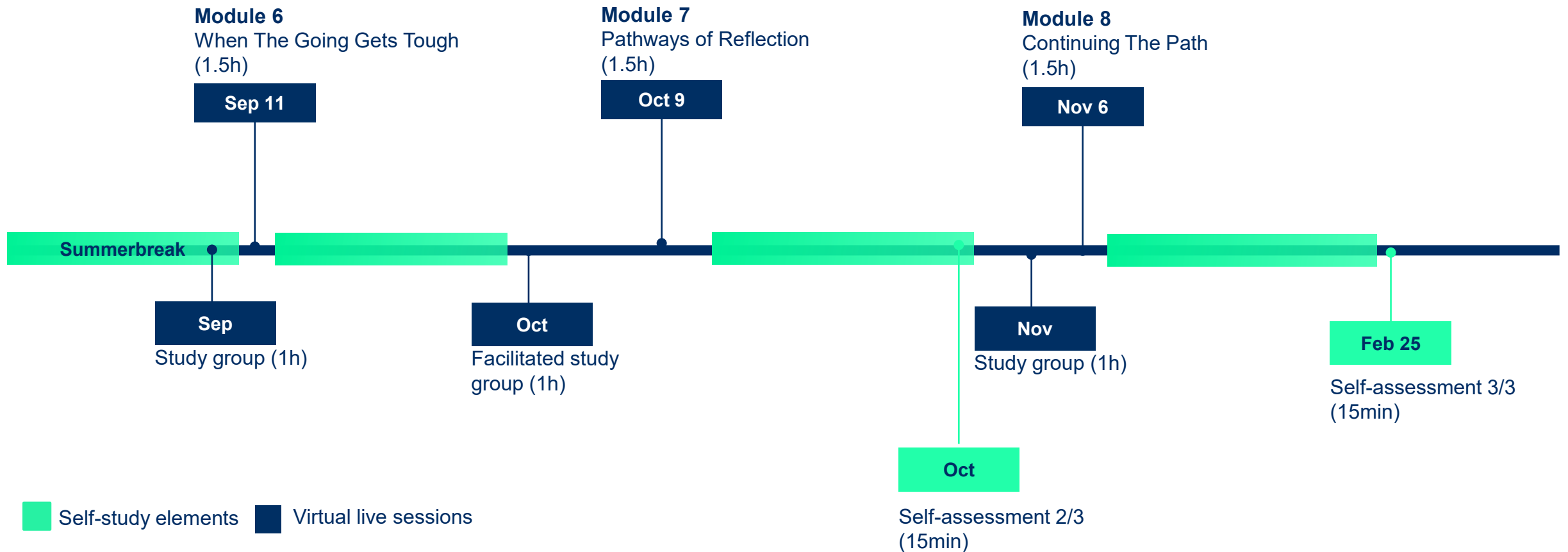
Timeline

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.



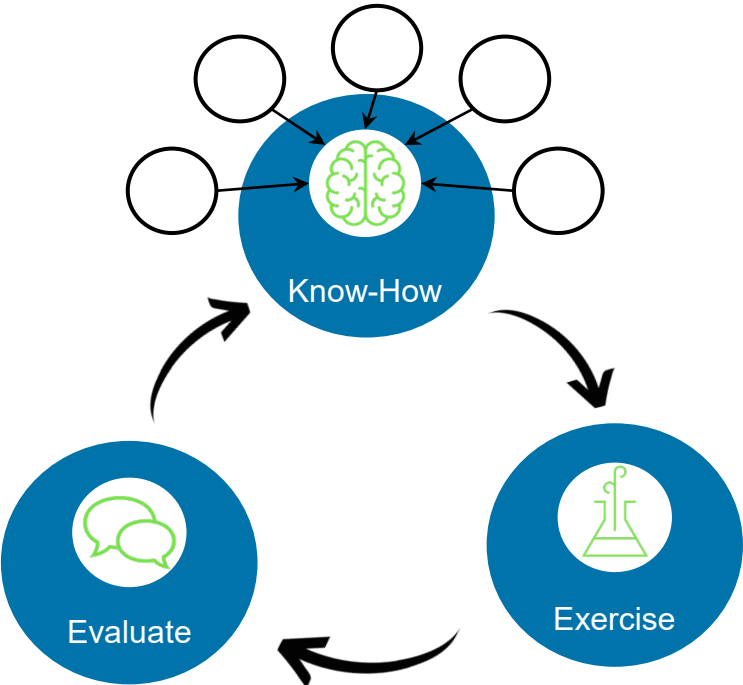
Self-study elements Virtual live meetings



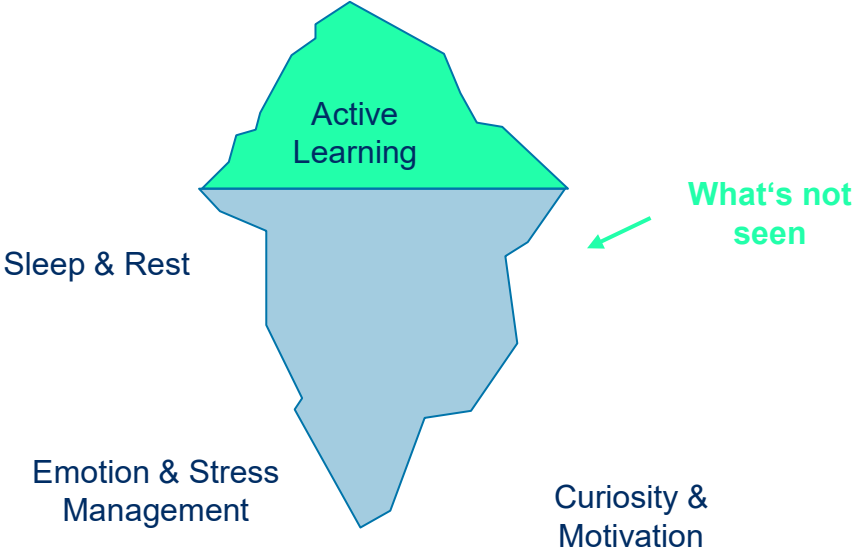
CONTENT

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
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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.
- **Prioritization:** Prioritizing as an accelerator of change and learning speed.
- **Program templates:** Intro to templates e.g., value ranking



February 28, 2024
DE: 9.00am CET – EN: 4.30pm 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.
- **Psychological flexibility:** How you can adapt to situations by becoming psychologically flexible
- **Program templates:** Creating a fertile ground for motivation & IKIGAI



March 20, 2024
DE: 9.00am CET – EN: 4.30pm CET

Your Learning Experience

Module Overview

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Module 3 | Aligning The Compass Goal Setting

- **Goals:** Setting demanding but not overwhelming goals. About learning and performance 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.



April 24, 2024

DE: 9.00am CET – EN: 4.30pm CET

Module 4 | My (Super)-Powers Strengths & Emotions

- **Own resources:** Identifying your own signature strengths and why they might be a hurdle sometimes.
- **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.



May 29, 2024

DE: 9.00am CET – EN: 4.30pm CET

Your Learning Experience

Module Overview

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Module 5 | My Training Plan Focus on Habits or Habits for Focus?

- **Key competencies:** How they influence good/ healthy habits exponentially
- **Habits:** How to build new habits. Using habits to build your own learning routine or to follow up on your goals.
- **Focus:** How habits can push one's ability to focus
- **Learning goal:** Define the learning habit that boosts you most



June 26, 2024

DE: 9.00am CET – EN: 4.30pm 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.
- Balancing learning targets and performance tasks.



September 11, 2024

DE: 9.00am CET – EN: 4.30pm CET

Your Learning Experience

Module Overview

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Module 7 | Pathways of Reflection Reflection & Circles of Influence

- **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 9, 2024

DE: 9.00am CET – EN: 4.30pm 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
- Program wind-up



November 6, 2024

DE: 9.00am CET – EN: 4.30pm CET

Schedule

Boost your [Learning] Mindset & Behavior

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Live-Meetings

Times DE: 9.00am CET – EN: 4.30pm CET

Module 1 Kick-off February 28

Module 2 Motivation & Key Values March 20

Module 3 Goal Setting April 24

Module 4 Strengths & Emotions May 29

Module 5 Habits & Focus June 26

Module 6 Self-Compassion, Learning vs. Performance September 11

Module 7 Reflection & Circles of Influence October 9

Module 8 Wind-Up November 6

Social Learning

Self-Assessment February

Study Group (facilitated) April

Study Group May

Study Group (facilitated) June

Study Group September

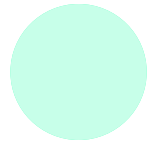
Study Group (facilitated) October

Self-Assessment October

Study Group October/ November

Self-Assessment February

What's next?



Want to know more?

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



1 Sign up!

November 30, 2023 – January 10, 2024

[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**