



# **The Abundance Mindset Course - Beyond the Growth Mindset©**



***We exist to empower leaders and teams to breakthrough  
and achieve their potential!***

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# The Abundance Mindset Course - Beyond the Growth Mindset©

Would your leaders and team members benefit from a training that will shift their mindset?

Mindset is an integral aspect of personal well-being. People who believe their success is based on learning, work ethic, doggedness and training are said to have a Growth Mindset. Others believe their success is based on their innate skills and abilities and they are said to have a Fixed Mindset.

The Growth Mindset has been a fantastic model that has been used effectively in the corporate and education sectors for many years. Dr. Carol Dweck coined the terms 'fixed mindset' and 'growth mindset' over 30 years ago and through researching with students, she found keys for students to breakthrough underlying beliefs. We will review these keys and refresh your group with the Growth Mindset.



📅 1-2 Hours | 📅 1/2 Day | 📅 Full Day

In Part 1 of course, we will unpack the qualities of each of these mindsets with an aim of understanding. We will uncover ways that each participant approaches challenges, obstacles, effort, criticism, and the success of others. Participants will develop personal strategies that will empower them to reach higher levels of achievement. The Growth Mindset is incredibly useful in people's work life as it highlights the motivational aspects of accountability, higher purpose, gratitude, self-awareness and releasing judgement on oneself. This section of the workshop will help participants:

- Understand the qualities of the Growth Mindset and the Fixed Mindset.
- Learn to becoming more flexible and adaptable in thought and behaviour.
- Learn how to effectively shift from a Fixed Mindset to having a Growth Mindset.
- Implement the steps to Integrate the Growth Mindset into their workday.
- Learn the links between the Growth Mindset and personal well-being.



In Part 2 of this course will cover the Abundance Mindset. The Abundance Mindset is an expansion of the Growth Mindset, and it tackles the idea that we all have elements of a Scarcity Mindset that need to be replaced with elements of The Abundance Mindset. The 5 Powerful Keys to Create Your Abundance Mindset Course was created by Certified Professional Coach – Scott Epp in 2011 and he has led this course and implemented these keys with 1000s of people around the world. In 2016, Scott added 2 more keys and today these 7 Powerful Keys will unlock the riches of life and personal well-being for every participant.



By contrast, an Abundance Mindset always affirms the positive resources and possibilities. If we believe we are enough, that we can be successful, that we can learn and acquire all the skills we need, then this transforms our personal and professional life. This paradigm shift transforms people's lives. Abundance simply means "to have much of." It means "having a more than adequate quantity or supply." It is defined by having more than you could need. This section of the workshop will help participants:

- Uncover the areas where you have adopted a Scarcity Mindset.
- Remove the roadblocks of self-sabotage, imposter syndrome and limiting beliefs.
- Learn and implement the 7 Powerful Keys to Create Your Abundance Mindset.
- Write a personal Abundance Mindset Declaration.
- Encounter the power of the spoken word and activate the Abundance Mindset!
- Experience 'The Abundance Mindset Visualisation' and learn how to practise this visualisation in a 3-minute or 10-minute format on your own.



The overall training/coaching is aimed at activating the Growth Mindset and the Abundance Mindset with every team member. We will unpack the neuroscience behind our mindsets and thoughts and give you tools that will inspire you on your journey of personal well-being. This course can be run in the following formats: 1-2 Hours, Half Day, and Full Day. Call +61 481 307 778 or email [office@breakthroughcorporatetraining.com.au](mailto:office@breakthroughcorporatetraining.com.au) for more information.



## Empowering leaders and teams to breakthrough and achieve their potential!

Breakthrough Corporate Training offers workshops, corporate training, coaching, team building, retreats and speaking services to organisations in Australia and worldwide. Breakthrough Corporate Training has a strategic partnership with TransforMe Learning and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations. 10s of 1000s of People from organisations in Sydney Australia and around the world have been transformed through our talks, corporate training, coaching, and mentoring. See some of our combined clients below.



### Our Vision

Breakthrough Corporate Training is a Sydney Australia-based corporate training leader. We facilitate powerful breakthroughs that transform team culture through our CLASS (Communication, Leadership And Soft Skills) and RAW (Resilience And Well-being) Courses and Programs. Our clients experience transformation through our on-line and on-site training, coaching, team building, retreats, and keynote talks. We add enormous value to teams as they become healthy, cohesive, and successful.

### Our Core Purpose

To Empower Leaders and Teams to Breakthrough and Achieve Their Potential!

### Our Core Values

Our Core Values show you what is really important to us and how we behave. Our core values demonstrate who we are at our core to our clients. These Core Values are intrinsic to who we are, and they do not change. Our Core Values are *Engagement, Breakthrough, and Passion*.

- Engagement* – We are engaged in every client encounter.
- We empower leaders and teams to *Breakthrough*.
- Passion* is our energy that fuels transformation experiences.

Our Nurture Values are values that we care about and that we aim to demonstrate in our behaviour. These values reflect our standards and how we function in our organisation. Our Nurture Values are *Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork*.



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