

# What is Mindset Theory?

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Design by Performance Frontiers

## Leadership Primer:

### Discover the Power of a Growth Mindset

*“What we can or cannot do, what we consider possible or impossible, is rarely a function of our true capability. It is more likely a function of our beliefs about who we are.” – Albert Camus*

What happens when we face a challenge that requires more creativity or organisation or intelligence from us than we have always told ourselves we have?

Do we find a way to make it happen or do we collapse?

Do we say it's impossible or broaden our definition of possible?

Unpack what it means to have a 'fixed' and a 'growth' mindset and discover how they can be harnessed for greater success in every aspect of our lives with "Mindset Theory", part of our Leadership Primer series.

Performance Frontiers · Mindset Theory

## References and Further Reading:

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<https://www.psychologicalscience.org/observer/dweck-growth-mindsets>

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