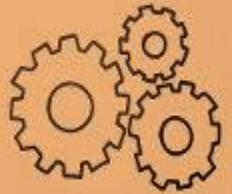




ATTITUDE



BEHAVIOUR



ACTION



SOLUTION

**MINDSET**



PERFORMANCE



RESULTS



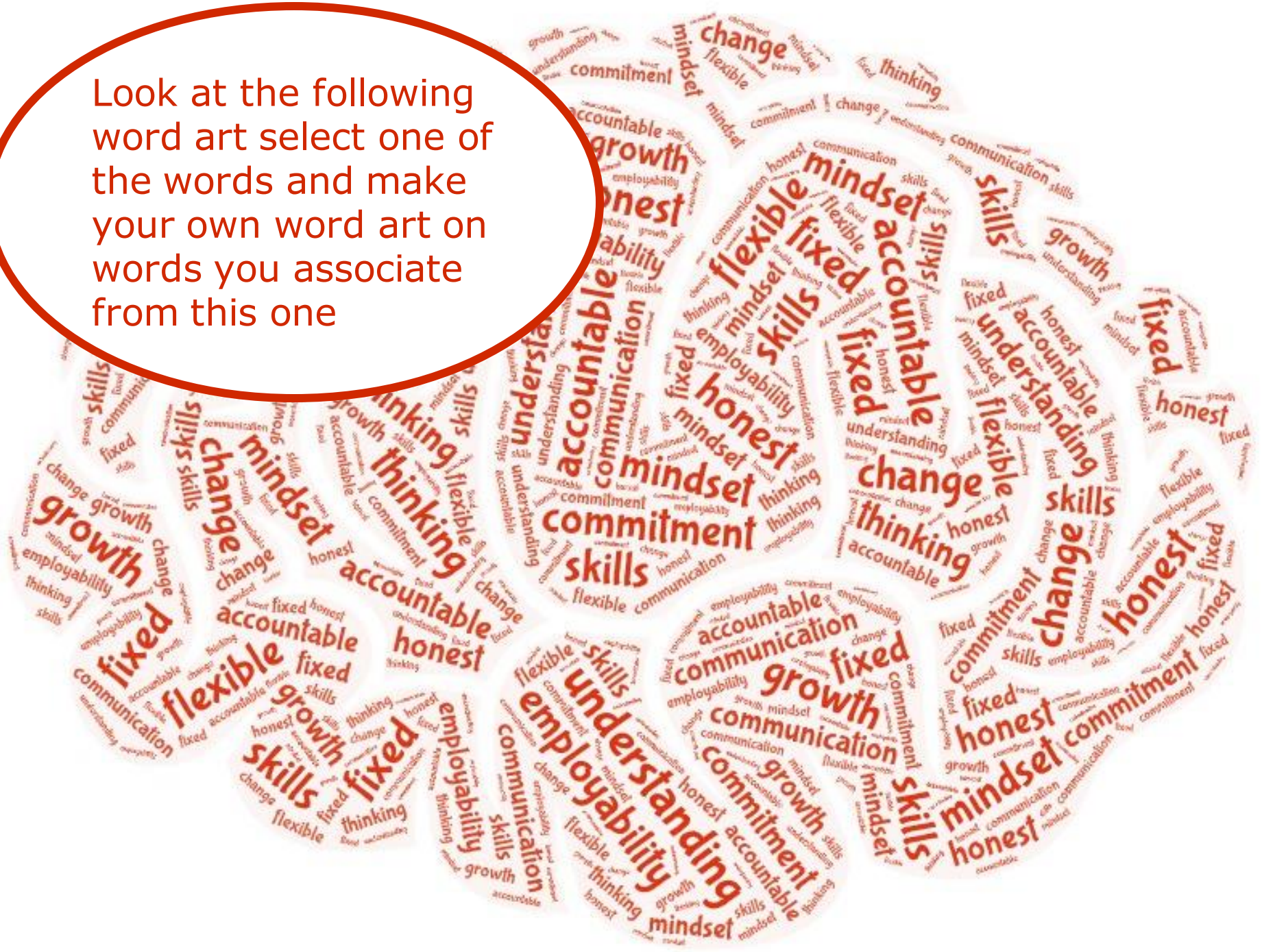
# What is Understanding Mindset?

This unit will cover the following objectives:

- Identify the four mindsets and why they are important to employers.
- Look at some mindset examples and identify what qualities they already have
- Give examples of when you have used each mindset (honesty, commitment, flexibility and accountability)
- Identify personal targets for improving the mindsets in the future



Look at the following word art select one of the words and make your own word art on words you associate from this one



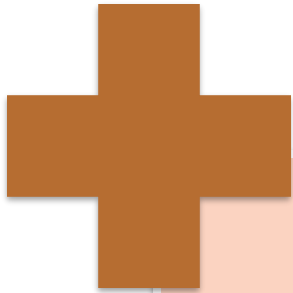
**Growth**



**Define each mindset in your own words**

**Fixed**





**Think of a  
time you had  
a growth  
mindset.**

**What was  
the outcome?**

**Think of a  
time you had  
a fixed  
mindset.**

**What  
happened?**

**Look at the next page of your portfolio what mindset qualities do you have?**



**Write these down in the table and score yourself on how much you show these qualities.**



# How can we change own mindset?

## Reflection

Think of a time when you have needed to be flexible.

What did you do?

What could you have done?

What will you do differently?

What did I do?



What happened?



What will I do next time?



# Honesty

- This is an important quality because employers will expect you to be honest before they even employ you.
- When working in all environments honesty promotes integrity and trust between you and your colleagues as well as your customers.
- Think of one time you have been honest and write this in the table under honest.
- How could you improve this quality?



# Commitment

- Being committed means you can be depended on. It is an important quality to present because it suggests you will not quit or give up.
- Career progression is important when it comes to being committed because people that are not committed are less likely to be considered for promotions.
- Think of one time you have shown commitment towards something and write this in the table under commitment.
- How could you improve this quality?

# Flexibility

- Flexibility is essential in every job, for instance one day your employer may ask you to do something different to what you normally do.
- This quality demonstrates a willingness to change and compromise.
- Think of one time you have been flexible and write this in the table under commitment.
- How could you improve this quality?

# Accountability

- When you are accountable you prove that you are responsible for your actions
- If something goes wrong at work, for example there is an accident, being accountable would mean you took ownership rather than blaming someone else.
- Think of one time you have been accountable for your actions and write this in the table under commitment.
- How could you improve this quality?



**MINDSET  
IS EVERYTHING**