

## Developing Your Positive Mindset - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Developing Your Positive Mindset - Ashby Hub - THU PM - Tailored Learning	18/09/2025	23/10/2025	Ashby Community Hub	0.00

### Course Description

#### Developing Your Positive Mindset

Are you ready to shift your thinking and unlock your full potential? This 5-week course will help you understand how your mindset affects your confidence, motivation, and ability to grow. You'll explore the difference between fixed and growth mindsets, reflect on your own thinking habits, and discover practical tools to create a more positive, resilient outlook. This course is ideal for anyone struggling with their wellbeing, self-belief, and outlook to life.

**This course will support you to strengthen your employability and transferable skills such as communication, problem-solving, and self-management to help you feel more prepared for your next steps in learning or work.**