How to Develop Myself for the Future



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ABOUT ME: Michael Laird







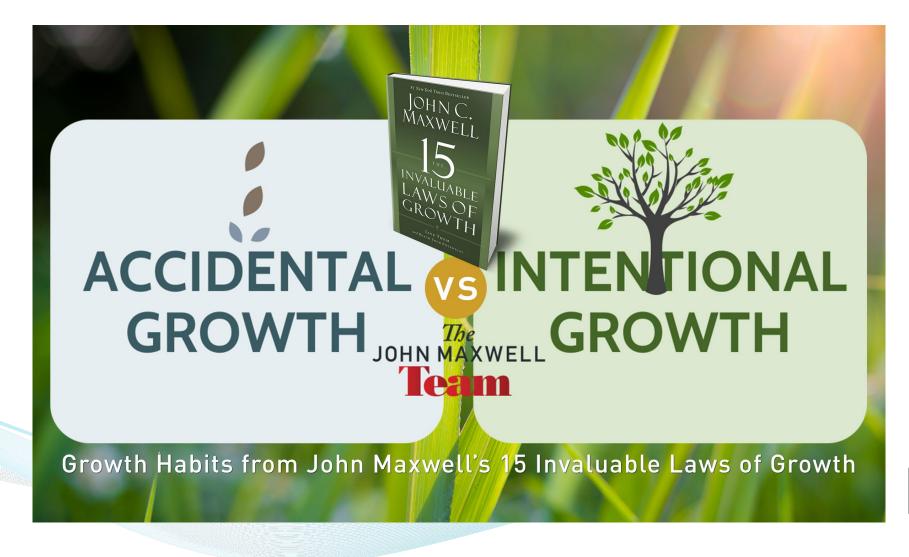


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FAST..... FORWARD



My Personal Growth Plan





Famous Failures





Mindsets

"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things" "Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like "I can either do it, to be challenged" or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

> "Feedback and criticism are personal

"I stick to what I know"



Mindset Responses

Fixed

Growth

...avoid challenges

Challenges

...embrace challenges

...gives up easily & slow to recover

Setbacks

...persists & resilient

...effort is weakness

Effort

...leads to mastery

...ignores negative

Feedback

...learning opportunity

...threatened

Others Success



Peer Coaching

What is a current situation you are facing?

What are you struggling/stuck with? Why is this important to resolve?

What do you want or need in this situation to change?

What would be most helpful? What solutions have you explored?



