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Motivation & Mindset

About HINSW

At The Hospitality Institute of NSW we Aim HIGH in delivering quality education..... that inspires excellence. The Hospitality Institute of NSW was created to bring Leadership & Management, and Hospitality learning excellence to Sydney's North West

If you want to empower your career, your teams and your organisation, then you owe it to yourself to look over our course offerings and facilities. At the Hospitality Institute of NSW we Aim HIGH to deliver a leadership and development program that is built with your professional growth and business performance in mind. Giving you access to our expert team of trainers wealth of knowledge and leadership experience, the leadership development program is guaranteed to get you out of your comfort zone..... because that's where MAGIC happens!

The Hospitality Institute of NSW encourages students of all levels to learn as part of a thriving community and develop the skills they need to advance in their careers. We are 100% committed to delivering a first class learning experience, which is evidenced in our state-of-the-art facilities and expert team of trainers. The future of leading edge training starts now, and it's on your doorstep.

Aim HIGH!



Course Outline

- Understanding the different mindsets: Fixed & Growth
- Understanding the brain
- Mindset in business
- Process vs outcome
- A Leaders guide to managing the mindsets of your team to greatness

Motivation & Mindset



Course Details

Our conscious and unconscious thoughts affect us in ways we are not always aware, and something as simple as wording can have a powerful impact on our ability to improve. Often it's the most basic beliefs that are the most powerful.

The Motivation & Mindset Program will shine a light on the power of the mind and the impact of our thoughts and beliefs.

Carol Dweck's research found that what distinguishes top performers is often simply their mindset. If someone with a fixed mindset of "I am born with innate abilities and weaknesses", can change to a mindset of growth "I can always get better at anything", then remarkable changes can be made.

"My work bridges developmental psychology, social psychology, and personality psychology, and examines the self-conceptions (or mindsets) people use to structure the self and guide their behavior. My research looks at the origins of these mindsets, their role in motivation and self-regulation, and their impact on achievement and interpersonal processes."

If you want to explore your mindset and help change the mindsets of those around you, then this course is for you.

This course will help you build a Growth Mindset and the passion for stretching yourself and sticking to it, even (or especially) when it's not going well. This is the hallmark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives.



Who This Course Is For

- Emerging Leaders
- Leaders
- Managers

