



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

Physical Address: Montrose Place, 2nd Floor, 2 Bella Rosa Street, Rosenpark, Bellville, 7500

Phone: 021 914 0850

Cell: 082 894 6643

Email: info@psttraining.co.za

Resilience, Growth Mindset & Motivation

Overview

This course empowers delegates with the mindset, motivation, and resilience skills needed to navigate challenges, pursue goals with confidence and determination, and thrive in both their personal and professional lives. By adopting a growth mindset and developing mental toughness, delegates will learn to transform setbacks into opportunities, maintain motivation during times of change, and inspire others through resilient leadership.

Objectives

On completion of this course, delegates will be able to:

- Adopt a growth mindset, believing that abilities can be developed through dedication and effort.
- Apply resilience techniques to bounce back from setbacks and adapt positively to change.
- Set clear, meaningful goals and remain motivated over time.
- Reframe challenges as opportunities for learning and growth.
- Cultivate positive thinking and optimism in the workplace.
- Increase emotional intelligence for improved self-awareness, regulation, and empathy.
- Apply resilience techniques to stress management and mental well-being.
- Develop strategies for motivating others during uncertainty and organisational change.

Course Prerequisite

Ability to read, write and understand English

Language of Delivery

English

Delivery Methods

The course is facilitated by an experienced subject matter trainer, using:

- Interactive Discussions
- Role Plays & Case Studies
- Practical Exercises
- Videos & Slide Presentations
- Group Games & Activities
- Reflection Exercises & Written Questions

Who should attend?

This course is beneficial for:

- Employees at all levels who want to strengthen resilience and motivation
- Team Leaders & Supervisors
- Managers & Senior Leaders
- Human Resources & Training Professionals
- Entrepreneurs and Business Owners
- Staff facing organisational change, high workloads, or stressful environments

Course Outline

This course consists of the following 5 modules

Module 1	Attitude, Beliefs & Growth Mindset • Understanding values and what drives you • Attitude and motivation: building a motivational mindset • Challenging limiting beliefs • Growth mindset vs fixed mindset • Neuroplasticity: how the brain rewires through learning and resilience
Module 2	Motivation & Goal Setting • Theories of motivation (Maslow, Herzberg, Intrinsic vs Extrinsic) • SMART goals: setting clear and achievable objectives • Creating a motivating environment • Staying focused and committed to long-term goals • Aligning personal goals with organisational objectives
Module 3	Motivation, Problem Solving & Delegation • Training and development as motivators • Overcoming problems with a solutions-focused mindset • Recognising and addressing demotivation • Consulting others and valuing contributions • Delegating effectively • Failure as an opportunity for growth and innovation

Module 4	Motivating Teams & Giving Feedback • Getting the right people on board • Motivational meetings and effective communication • Reward and recognition strategies to boost morale • Listening skills and constructive feedback • Motivating underperformers and teams during change • Creating a culture of accountability and continuous improvement
Module 5	Building Resilience & Sustaining Motivation • What resilience is and why it matters • Five practical strategies for building resilience • Understanding grit and perseverance • Coping with constant change in the workplace • Managing emotional states under pressure • Assessing your resilience levels • Mindfulness and stress-management tools for resilience • Achieving greater performance and sustaining motivation over time

Additional Information

Duration	1 Day	
Includes	• Comprehensive Training Manual • Lunch & Refreshments (not applicable to on-site / online training)	• Electronic Certificate (on successful completion of the course) • Electronic Delegate Feedback Questionnaire