

THE GROUP

Thinking Outside the Box

This popular workshop is an exciting and challenging immersion providing cutting edge experiential learning in thinking outside the box

Your mindset is the filter you see the world through. It determines how you react, what you think, how you feel and ultimately what you *do* in life.

"8/10 I learned to think about myself in a different way. Very eye opening"

- Year 12 Student



Leah Davidson
Facilitator

Most of us think about mindset in one of two ways

One school of thought is that we inherit our mindset, we're born with it, or it is passed down to us through family and culture. In this case, we usually feel that we have very little say about our mindset and therefore no agency in shaping it.

"8/10 Fun. You learn so many useful things."

- Year 11 Student

The other school of thought likes the idea of creating our mindset and believes that it is probably possible, but has no idea how to actually do that.

9/10 It is very informative and has the potential to help greatly in knowing how your mind works"

- Year 12 Student

This workshop is about both.

We start by looking at our mindset and *how* we have come to believe what we believe. We inquire into what has influenced our beliefs and how much control we think we have over our mindset.

Powerful activities and role-plays uncover how our mindset may not always be serving us and, in fact, may be holding us back. Participants start to understand that thinking outside the box starts with bringing flexibility to our mindset.

Delivery: Group Workshop

Duration: 1 day / 3 x 2 hr sessions

Resources: TOTB Workbook

\$6600
for up to 25 participants
(add 10% for each additional 10)