



30 CEUs

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course to get ALL 30 points

# MASTERING THE GROWTH MINDSET

## for Speech Therapists & Audiologists

### Self-study course

designed by Dr Alida Naudé & Amisha Kanji

A growth mindset is the **belief** that you can develop abilities, intelligence, and skills through dedication and effort. With a growth mindset, you will reframe challenges as opportunities, remove fear of failure, and develop habits and beliefs that align with your deepest aspirations.



Dr. Alida Naudé



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This course is designed to empower Speech-Language Therapists (SLTs) and Audiologists (AuDs) to embrace this mindset and apply its principles to their careers, relationships, health, and every other important aspect of life. This program is not about achieving dramatic overnight success but understanding that even small, consistent improvements—1% a day—can lead to transformative outcomes.



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# What you will achieve



## Course outline & objectives



### MODULE 1

#### ESTABLISH GROWTH AS THE #1 GOAL

Understand the importance of prioritizing growth in all aspects of life.

- The ROSE Method for tracking self-evolution.
- How choosing growth as your North Star enhances your life.
- The compounding effect of daily 1% improvements.

### MODULE 2

#### THE 5 KEYS TO TRANSFORMATIVE GROWTH

Differentiate between acquiring knowledge and achieving lasting transformation

- The 5 Praxis Model of Transformation: Critical Reflection, Study, Social Discourse and Application.
- How transformation can occur through either painful disorientation or gradual accumulation of insights.

### MODULE 3

#### GROWING THROUGH PAIN VS. GROWING THROUGH INSIGHT

Learn to embrace and grow from both setbacks (Kensho) and moments of clarity (Satori)

- How reframing failure as a tool for growth can unlock resilience.
- Leveraging Satori practices like meditation, journaling, and reflection for powerful insights.

### MODULE 4

#### GROWTH THAT INSPIRES - THE 3 MOST IMPORTANT QUESTIONS

Create a clear life vision by setting goals that align with your true desires.

- The difference between 'means goals' and "end goals."
- The EC6 Model (Experiences, Growth, Contribution) for designing impactful goals.
- How to accelerate growth by aligning actions with your vision.

### MODULE 5

#### UPGRADE YOUR BELIEFS AND DAILY ACTIONS

Engineer your mental landscape for accelerated growth through updated beliefs and habits

- Consciousness Engineering: The power of "hardware" (beliefs) and "software" (habits) upgrades.
- Techniques to identify and replace limiting beliefs.
- Creating new systems for living through deliberate habit formation.

### MODULE 6

#### CREATE YOUR FUTURE VISION THROUGH YOUR IDENTITY

Align your identity with your aspirations to ensure long-lasting growth.

- The Identity Shape-Shifting Technique: Using "lofty questions" to reprogram your subconscious mind.
- Leveraging the reticular activating system (RAS) to achieve your goals.
- How aligning identity with goals leads to sustainable transformation.

By the end of this program, you will:

- **Master the Growth Mindset:** Gain an enduring edge in personal and professional domains.
- **Overcome the Fear of Failure:** Transform setbacks into stepping stones for success.
- **Develop a Clear Life Vision:** Identify your true aspirations and create a roadmap to achieve them.
- **Rewire Your Brain for Success:** Replace limiting beliefs with empowering ones.
- **Adopt Elite-Level Habits:** Build systems for living that maximize efficiency and growth.
- **Achieve Deep Identity-Level Change:** Redefine who you are to align with your highest potential.



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