

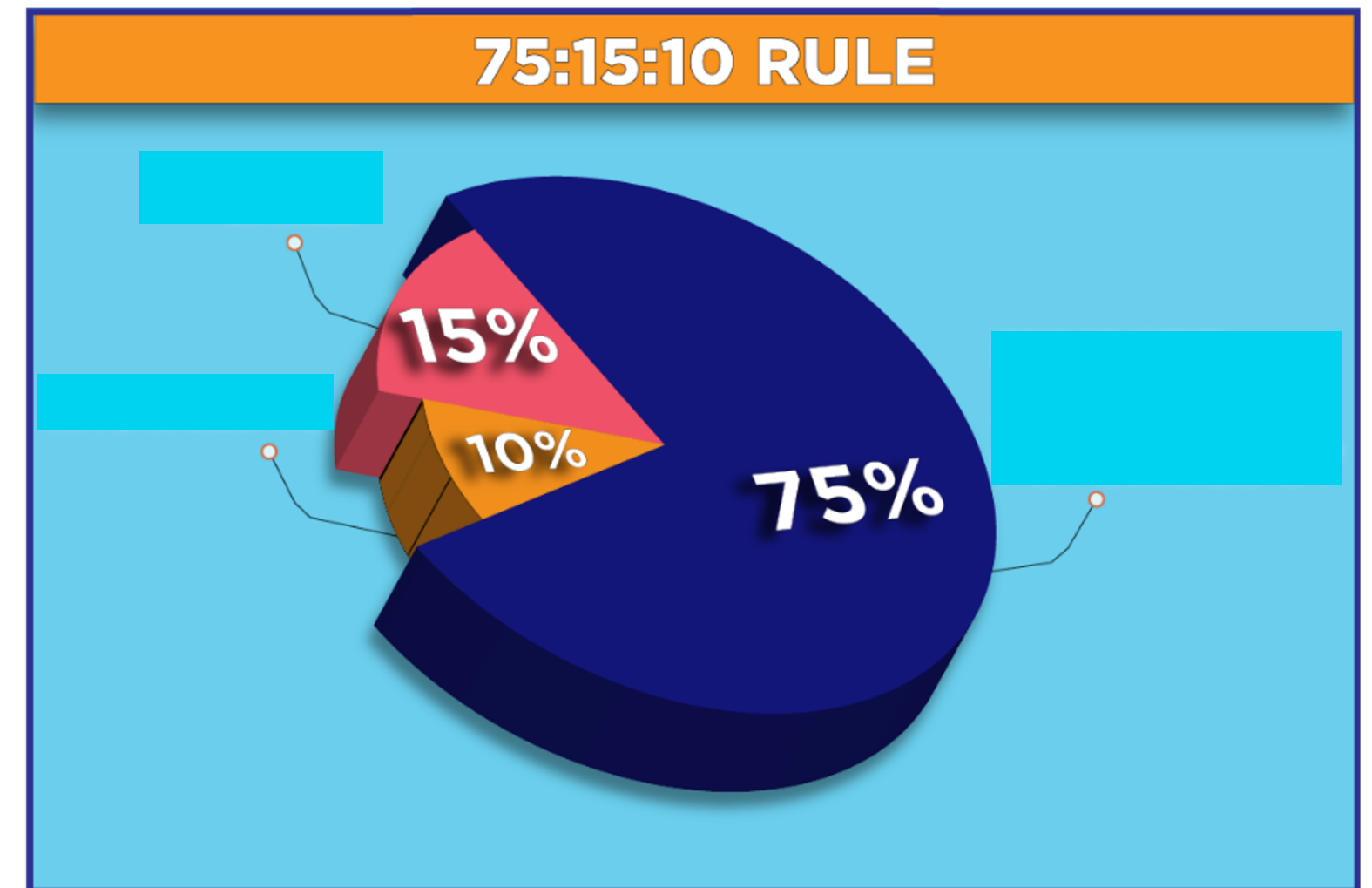
Building A Growth Mindset For Tomorrow

TMC
TONY MEREDITH
COACHING



Business Success Formula

- Knowledge is potential power
- Skills are important, but only a small part
- Most of your business/career success comes from your Mindset, Attitudes, and Psychology



Who Am I?

- Business Coach
 - Mindset, Leadership, Sales
 - Manufacturing, Construction, Trades, Services, Retail, Franchising
- Focus on **Goal Achievement**
- 25+ years Corporate experience
- Started coaching business in 2018



MARS



M.C. INDUSTRIES



AusHealth® Work



Mindset

What Is Mindset?

Set of beliefs that shape how you make sense of the world and yourself

Fixed Mindset

Believe that talent and intelligence are fixed

Growth Mindset

Believe that talent and intelligence can be developed over time

Growth Mindset Characteristics

- See opportunities everywhere
- Open to new challenges
- Persistent actions
- Mistakes are opportunities to learn
- View feedback as constructive
- Inspired by the success of others
- Enjoy the journey
- Practice gratitude

Build A Growth Mindset

Change Formula

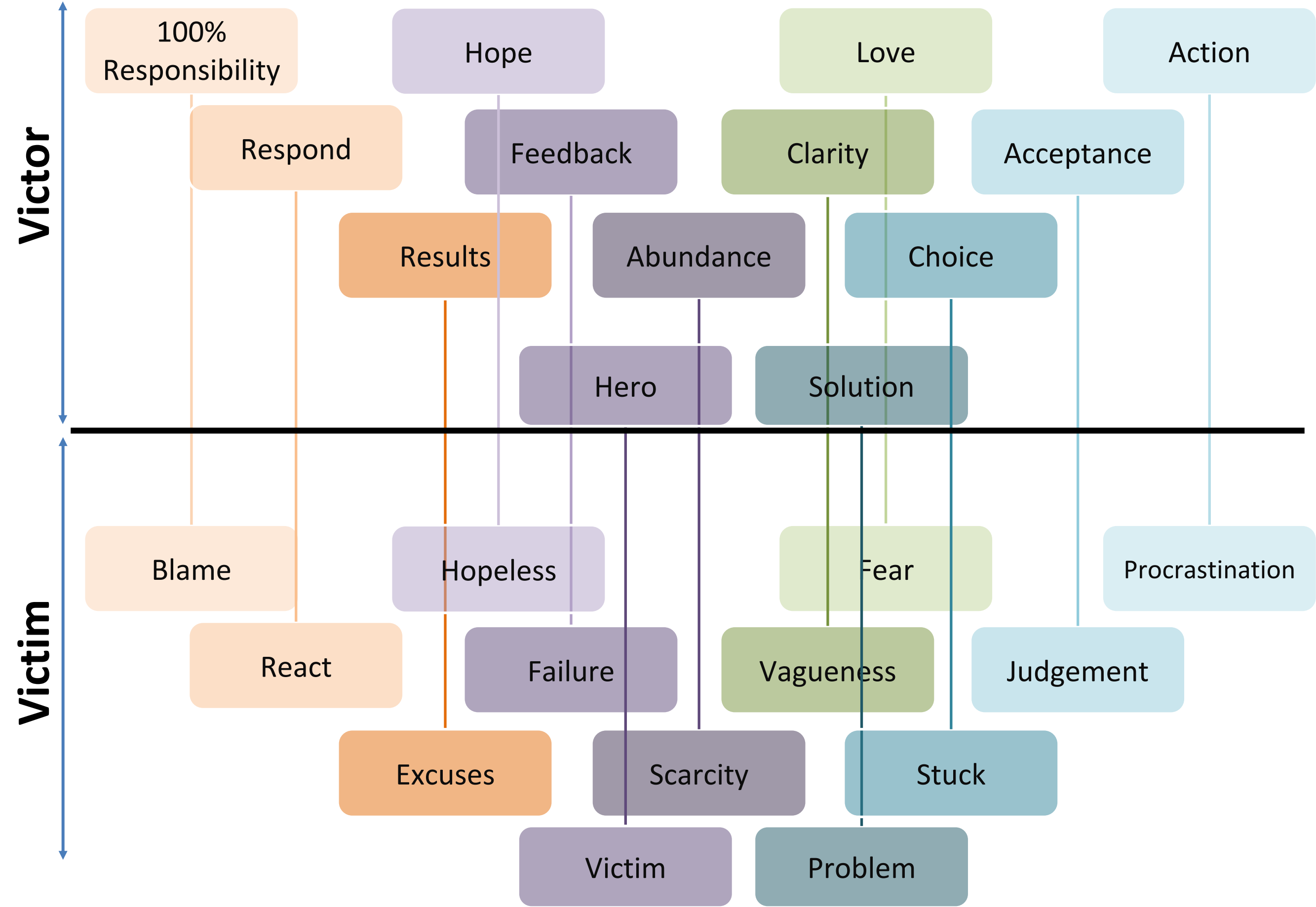
Self Awareness

+

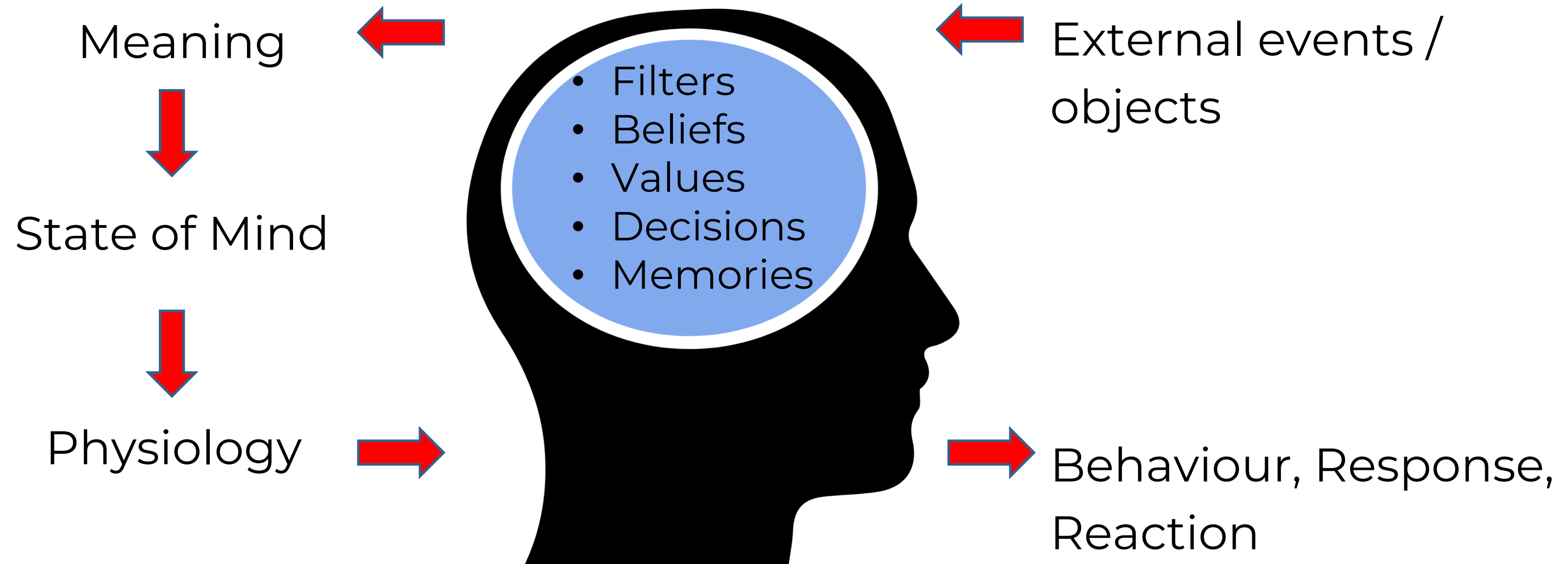
Action

CHANGE

Line Of Choice

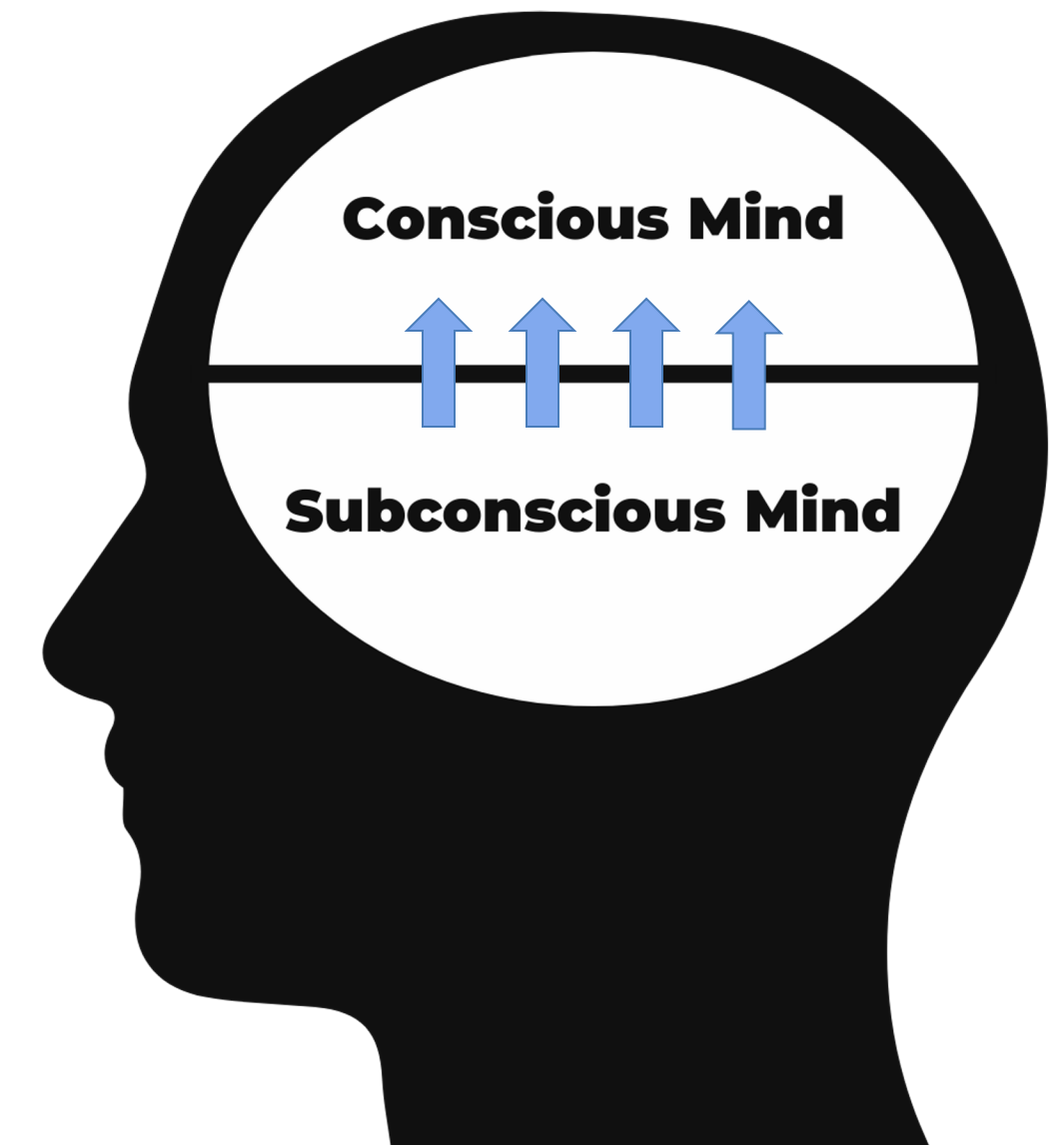


Change The Meaning



Become Self Aware

- Daily review
- Ask 2 Universal Questions:
 1. What went well?
 2. What can I do differently?



Beliefs

Beliefs

- State of mind in which a person thinks something to be the case, with or without evidence to prove that it is true.



Limiting Beliefs

- Beliefs that constrain us in some way
- Just by believing them, we do not think, do or say the things that they inhibit

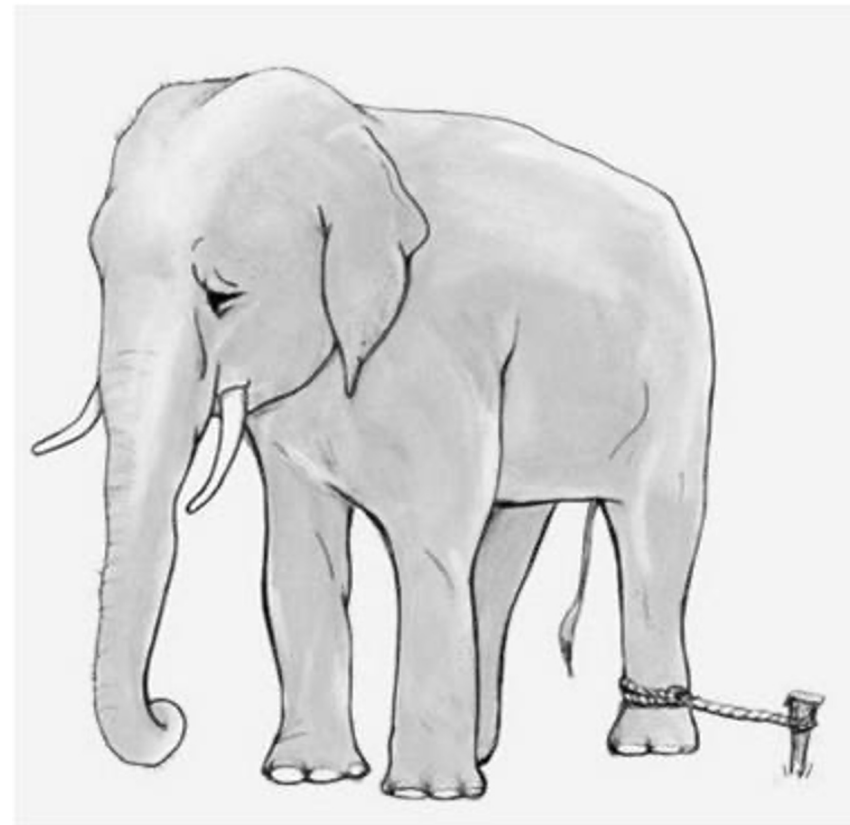
Can't

Shouldn't

Don't

Because

Mustn't



Couldn't

If

I am not ...

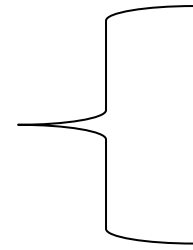
Wouldn't

Origins Of Limiting Beliefs

- Education
- Experiences
- Excuses
- Fear

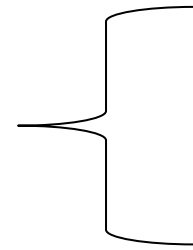
Overcome Limiting Beliefs

Establish
limiting belief



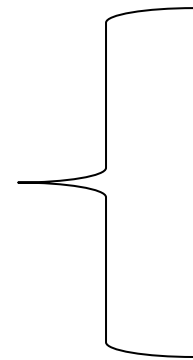
- Isolate the belief
- Seek the source

Loosen



- Recognise the falsehood

Create new
belief



- Form empowering beliefs
- Start “as if”
- Create evidence of success

Summary

- Your mindset is the largest contributing factor of your success
- Adopt a Growth Mindset
- Become Self-Aware
- Choose to be Above The Line
- Overcome your limitations

Follow Me

Social Media

-  Tony Meredith
-  tonymeredithcoaching
-  Tony Meredith
-  Tonymeredithcoaching
-  tony_meredith
-  TonyMCoach

Web <https://tonymeredithcoaching.com.au/>

Email admin@tonymeredithcoaching.com.au