

# EMPOWERED MINDSET COACHING MINI-TUTORIAL VIDEO TRAINING SERIES WITH LOUISE ANNE MAURICE



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# FIXED MINIDSET

MINI-TUTORIAL WITH LOUISE ANNE MAURICE

# **WHEN PEOPLE HAVE FIXED MINDSET MISHAPS, HOW DOES IT SHOW UP?**

- 1. LISTEN TO THE DETAILS OF THE CASE-STUDY**
- 2. WHAT IS THEIR ATTITUDE?**
- 3. WHAT IS THEIR POINT OF VIEW OR PERSPECTIVE?**
- 4. WHAT LANGUAGE ARE THEY USING?**
- 5. DO YOU RECOGNIZE THIS PERSON?**



# WHAT WAS THEIR ATTITUDE LIKE?

- In psychology, an attitude refers to a **set of emotions, beliefs, and behaviors toward a particular object, person, thing, or event**. Attitudes are often the result of experience or upbringing, and they can have a powerful influence over behavior.

# WHAT WAS THEIR POINT OF VIEW OR PERSPECTIVE?

- Perspective or Point of View – How they SEE everything.

# WHAT LANGUAGE DID THEY USE?

- What words did they use and what meaning did they give those words?

# DID YOU RECOGNIZE THAT PERSON?

- Describe this person

# FIXED DEFINITION

## Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)

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**fixed**

/fɪkst/

See definitions in:

All

Telecommunications

Astronomy

Linguistics

Law · Informal

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*adjective*

1. fastened securely in position.  
"a fixed iron ladder down the port side"

Similar:

fastened

secure

fast

firm

stable

rooted

riveted

moored



2. (especially of a price, rate, or time) predetermined and not subject to or able to be changed.  
"most trusts locked investors in for a fixed period"

Similar:

predetermined

set

established

allotted

settled

prearranged





# USE COLOR PSYCHOLOGY

EMPOWERED MINDSET SOLUTIONS

TO CHANGE A FIXED MINDSET

- 1. How can you use Color Psychology to develop a Changes in Mindset Technique.**
- 2. What Mindset Coaching Questions can you develop?**



# HOW TO USE COLOR PSYCHOLOGY TO DEVELOP MINDSET COACHING QUESTIONS

- **STEP #1** – THINK ABOUT THE PEOPLE YOU COACH, CONSULT OR LEAD. WHAT GOALS DO THEY WANT TO ACHIEVE?
- **STEP #2** – WITH THIS INSIGHT, REVIEW THE WIKI SITE
- **STEP #3** – WHAT APPROACH PROVIDES A STARTING PLACE TO PROVIDE A DEEPER AWARENESS ABOUT SELF-EMPOWERMENT BLOCKS?
- **STEP #4** - UNRAVEL THIS APPROACH AND FOCUS ON ONE ASPECT THAT COULD BE THE NEXT STEP TO DEEPER AWARENESS.
- **STEP #5** – FROM THIS INSIGHT, DEVELOP 2 QUESTIONS; THE FIRST TO START THE SESSION AND THE SECOND TO MOVE INTO USING THE TECHNIQUE.

# HOW TO USE COLOR PSYCHOLOGY TO DEVELOP A CHANGES IN MINDSET TECHNIQUE

- **STEP #1** – REVIEW THE WIKI SITE
- **STEP #2** – THINK ABOUT THE PEOPLE YOU COACH, CONSULT OR LEAD
- **STEP #3** – WHEN THEY DON'T HAVE A FIXED MINDSET, WHAT SELF-EMPOWERMENT BENEFITS DO THEY EXPERIENCE?
- **STEP #4** – WHEN THEY DO HAVE A FIXED MINDSET, WHAT SELF-EMPOWERMENT CHALLENGES WILL THEY EXPERIENCE?
- **STEP #5** – TAKE ONE OF THE THEORIES AND ADAPT TO DEVELOP YOUR UNIQUE TECHNIQUE TO ADDRESS THE CHALLENGE OR SUPPORT THE BENEFIT.

If you want in-depth Fixed Mindset Solutions + Done-For-You L.O.A Techniques + Ready-To-Use Coaching Questions for an Empowered Growth Mindset, then click on the title to learn more about [Self-Empowerment Life Coach Certification Training](#)



- "I greatly appreciate Louise Ann Maurice's creativity and guidance training in adapting a coaching methodology that has proven results. Upon applying what you learn, you will notice how smoothly and effortlessly your session will flow with your clients. Your achievements will be measurable. I am confident that you will also experience a sense of accomplishment every time a client walks out of your office. If you have decided to take this course, then I congratulate you because this course will help you to decide what fuels your passion."



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Benchmark 4	40
Benchmark 5	50

Free Training

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