Mindset by Coaching Culture

Mindset is a self-coaching tool that aims to develop self-awareness and support you in self-coaching. Based upon a self-assessment questionnaire you will receive a series of micro coaching exercises where you are encouraged to make commitments to do things differently by setting goals, objectives and forming new habits.

Available modules include:

* Emotional Intelligence
* Resilience
* Confidence
* Focus
* Growth Mindset
* Values
* Perfectionism
* Imposter Syndrome
* Change Readiness
* Stress Test

More modules will be added over the coming months. All modules are accessible from a computer, tablet or mobile phone.

If you would like access to any of these modules please contact [coaching-StaffLD@manchester.ac.uk](mailto:coaching-StaffLD@manchester.ac.uk) specifying which one/s you wish to access.

