

## What is a Benefit Mindset?

"A benefit mindset builds on a growth mindset, when we understand that our abilities can be developed - and we also understand we can transform towards a more caring, inclusive and interdependent perspective.

It is called "benefit" mindset because it is concerned with the life-long process of learning how we can be the transformation and realize our unique potential in a way that serves the wellbeing of all."

### Fixed

#### MINDSET

Resisting the possibility of growth and change.

Focus on reproducing **what** is familiar.

**Same old same old.**  
Preserving existing structures.

### Growth

#### MINDSET

Showing up with an **open mind** to learn and improve.

Focus on **how** we can grow through deliberate effort.

Growing through a process of **incremental change**.

### Benefit

#### MINDSET

Showing up with an **open heart** to serve the wellbeing of all.

Focus on **who** we are being and **why** we do what we do.

Being of benefit by **being the transformation**.



## In Academic Coaching...

A benefit mindset is important during a coaching session because it grounds the conversation in purpose and passion.

This mindset aids in fostering rich conversation, solution based problem solving, self-awareness, and deep reflection.

Learn more at [benefitmindset.com](https://benefitmindset.com)

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