

CURRICULUM OVERVIEW

33 VIDEOS: Total Running Time - 4 Hours and 30 minutes

COURSE MATERIAL: 10 x PDF Worksheets (One for each module)

ASSESSMENTS: Mindset Assessment, Styles Assessment and Your Assessment

01 COURSE OVERVIEW (1 Session)

- OVERVIEW: **WHY MINDSET MATTERS**
Video Running Time 8:23

02 SELF-DECEPTION (3 Sessions)

- OVERVIEW: **BLIND TO THE PROBLEMS I CREATE**
Video Running Time 10:07
- 2.1 **TWO MINDSETS**
Video Running Time 8:53
> "TAKE MINDSET ASSESSMENT"
- 2.2 **NOT A MATTER OF STYLE**
Video Running Time 11:39

03 RADICAL SELF-AWARENESS (5 Sessions)

- OVERVIEW: **THE LIES I TELL MYSELF**
Video Running Time 10:40
- 3.1 **BETRAYING MYSELF**
Video Running Time 6:00
- 3.2 **RED FLAGS AND WARNING SIGNALS**
Video Running Time 9:29
- 3.3 **THE FALSE CHOICE**
Video Running Time 4:38
- 3.4 **FOCUS ON FACTS**
Video Running Time 9:53

04 MY DISTORTED REALITY (4 Sessions)

- OVERVIEW: **THE MASKS I WEAR**
Video Running Time 9:23
- 4.1 **BETTER THAN AND ENTITLED**
Video Running Time 6:415
- 4.2 **WORSE THAN AND PRETENDING**
Video Running Time 5:11
- 4.3 **CHECK MY MINDSET**
Video Running Time 4:49
>"TAKE STYLES ASSESSMENT"

05 TRANSFORMING CONFLICT (5 Sessions)

- OVERVIEW: **INVESTED IN FAILURE**
Video Running Time 7:37
- 5.1 **DIAGNOSING THE DRAMA**
Video Running Time 8:59
- 5.2 **GATHERING ALLIES**
Video Running Time 7:40
- 5.3 **RESIST BEING RECRUITED**
Video Running Time 8:38
- 5.4 **DE-BLAMING COLLUSION**
Video Running Time 9:57

06 TURNING MY JOB OUTWARD (4 Sessions)

- OVERVIEW: **BECOMING IMPACT-FOCUSED**
Video Running Time 9:58
- 6.1 **WHAT I DO AND WHO I IMPACT**
Video Running Time 8:07
- 6.2 **MEET TO LEARN**
Video Running Time 6:01
- 6.3 **WHO IS AFFECTED**
Video Running Time 5:53

07 BECOMING FULLY ACCOUNTABLE (5 Sessions)

- OVERVIEW: **WHAT AM I ACCOUNTABLE FOR?**
Video Running Time 8:30
- 7.1 **CAPABILITY, IMPACT, AND EFFORT**
Video Running Time 8:49
- 7.2 **OWN MY DEVELOPMENT**
Video Running Time 9:00
- 7.3 **CLARIFY MY ROLES**
Video Running Time 7:15
- 7.4 **MEET TO GIVE**
Video Running Time 5:25

08 HELPING OTHERS CHANGE (2 Sessions)

- OVERVIEW: **THE SOURCE OF INFLUENCE**
Video Running Time 11:18
- 8.1 **WHEN PEOPLE RESIST CHANGE**
Video Running Time 7:19

09 GIVING UP BLAME (3 Sessions)

- OVERVIEW: **BONDS THAT MAKE US FREE**
Video Running Time 7:29
- 9.1 **THE MOST IMPORTANT MOVE**
Video Running Time 9:35
- 9.2 **DANGEROUSLY BLIND**
Video Running Time 4:10

10 LIVING FOR OTHERS (1 Session)

- OVERVIEW: **SELF-IMPROVEMENT ISN'T SELF-FOCUSED**
Video Running Time 11:01
>"YOUR ASSESSMENT"

FOR MORE INFORMATION:

<https://arbinger-oceania.com/outward-mindset-online/>