



# Regent Master Class



# Fixed Mindset

Abilities are **INNATE**

I **CAN'T** do this

**AVOID** challenge

**PROVE**

**HIDE** mistakes

**EXCUSES**

Feedback is **CRITICISM**

# Growth Mindset

Abilities are **INCREMENTAL**

I can't do this **YET**

**SEEK** challenge

**IMPROVE**

**EXAMINE** mistakes

**OPPORTUNITIES**

Feedback is **ADVICE**

By Carol Dweck – Stanford University



## The Type 1 Mindset

(How failure ignites  
innovation)

Fearful of making a  
mistake

## The Type 2 Mindset

Fearful of losing out on any  
opportunity

By Prof. Baba Shiv - Stanford



# Mindfulness

Awareness arises by paying attention with our senses  
(There are more than 5 senses)

- On Purpose
- In the Present Moment
- Non Judgementally

**Interoception**

**Proprioception**

By Jon Kabat Zinn  
MIT



# Mind

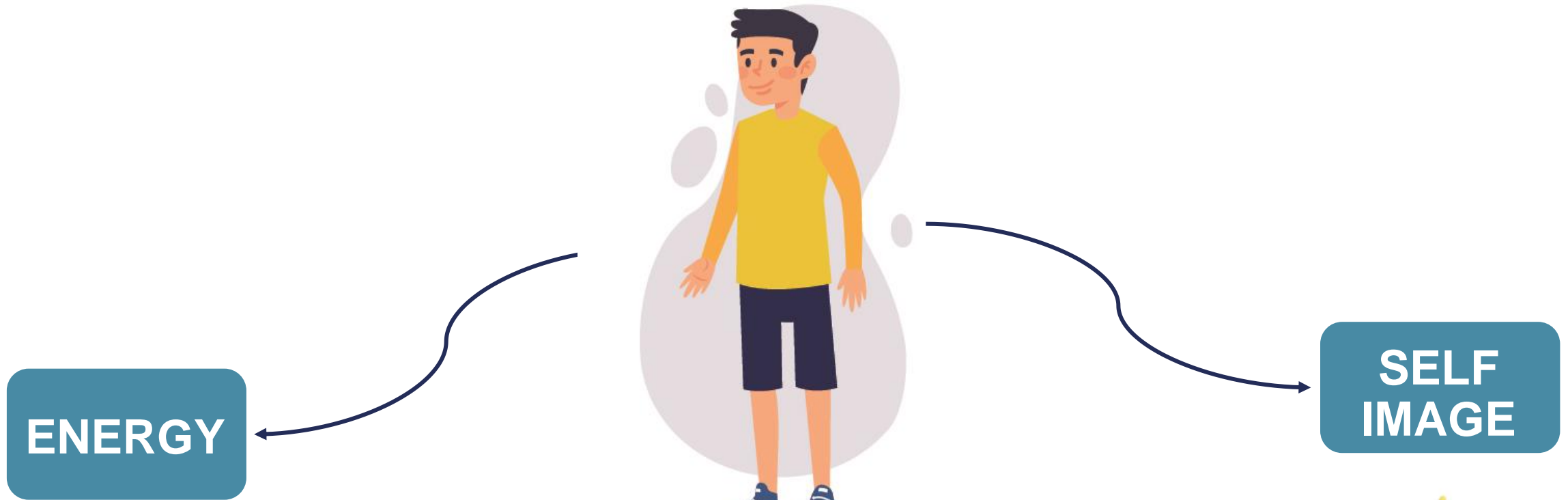
Mind is Movement

Mind is Energy

Mind is in every cell of our body



# Mind is an intangible like gravity or friction



# 4 Dimensions of Humans

- Physiology
- Psychological
- Emotions
- Energy

**Past  
Memory**

**Future  
Imagination**



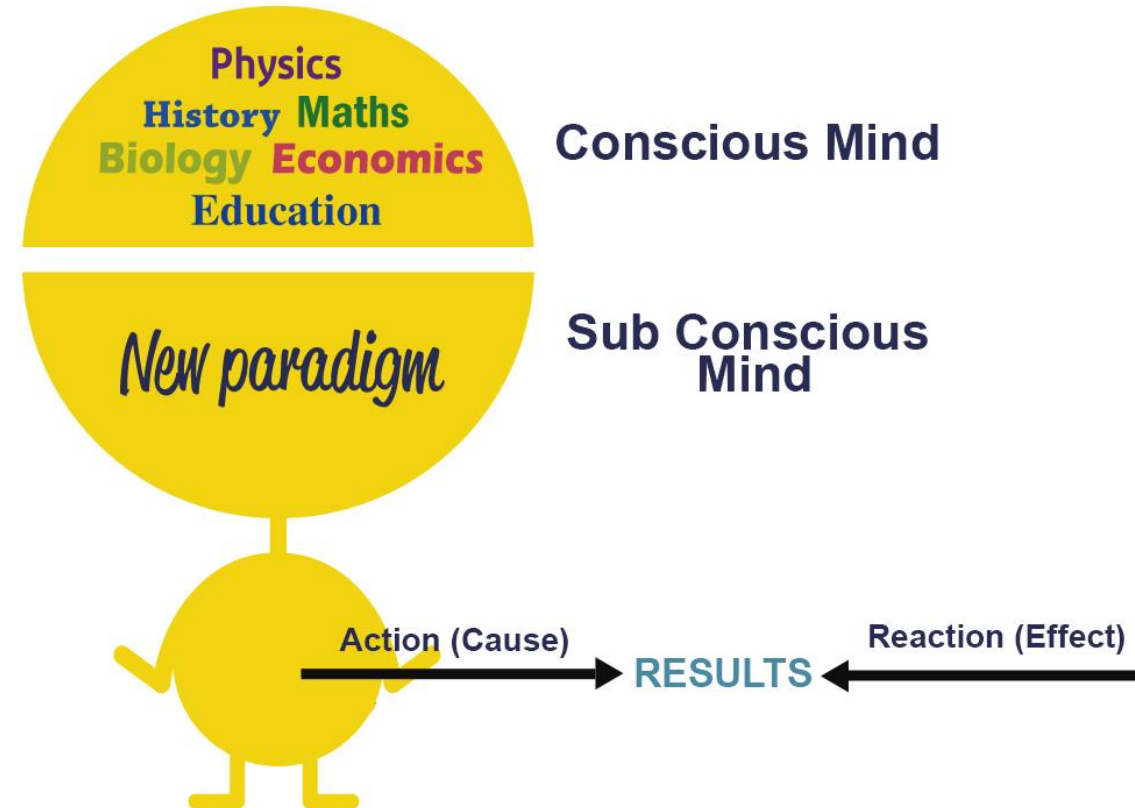
# School gave us valuable knowledge

However SCHOOL never taught  
us how to alter our old **PARADIGMS**

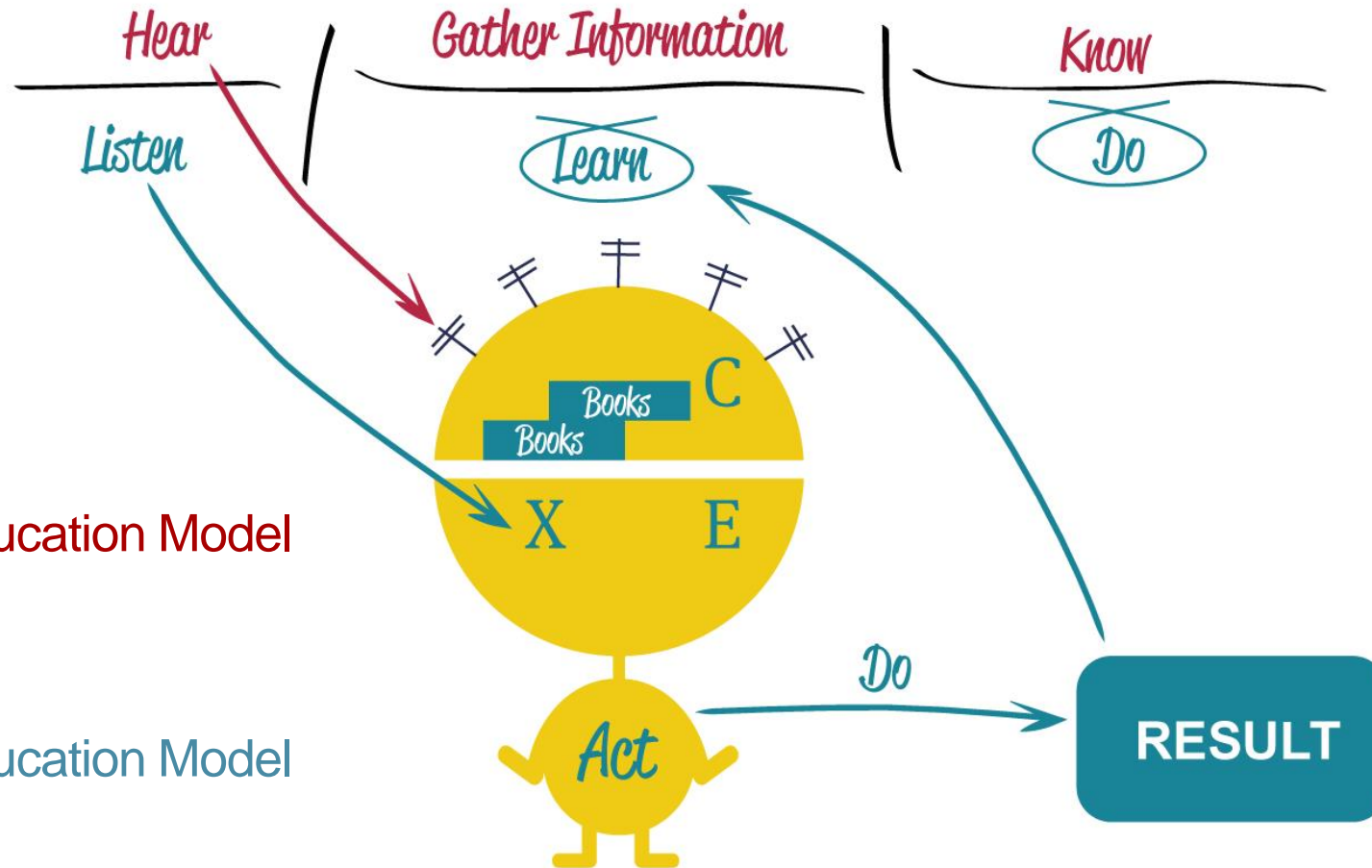
Therefore we frequently do not do,  
what we Already Know how to do!

## Superior Information Overload and Inferior Results

Causes confusion and frustration







**Red**  
Outside In Education Model

**Green**  
Inside Out Education Model



# paradigm

**..is a mental program that has almost exclusive control over our habitual behaviour...**

almost all of our behaviour is habitual.

**Paradigms are a multitude of habits passed down from generation to generation.**

**Paradigms are the way you view yourself, the world and opportunity.**

Paradigms are how you approach change and challenges.



# THERE ARE 2 KNOWN WAYS To Change A Paradigm!

1. The constant spaced repetition of ideas, that are essentially opposite to the Paradigm.
2. The personal experience of an Emotional Impact.



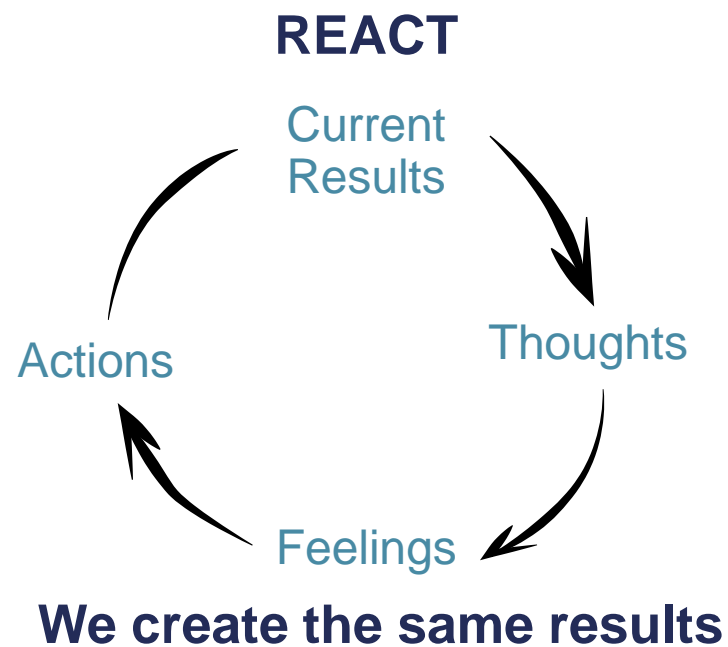
# “It’s all in awareness”

There is a marvellous inner world that exists within us, and the revelation of such a world enables us to do, to attain and achieve anything we desire within the bounds or limits of Nature.



# Fear of human suffering

- That is what happens to humanity
- Fear of suffering has taken away all the inner potential

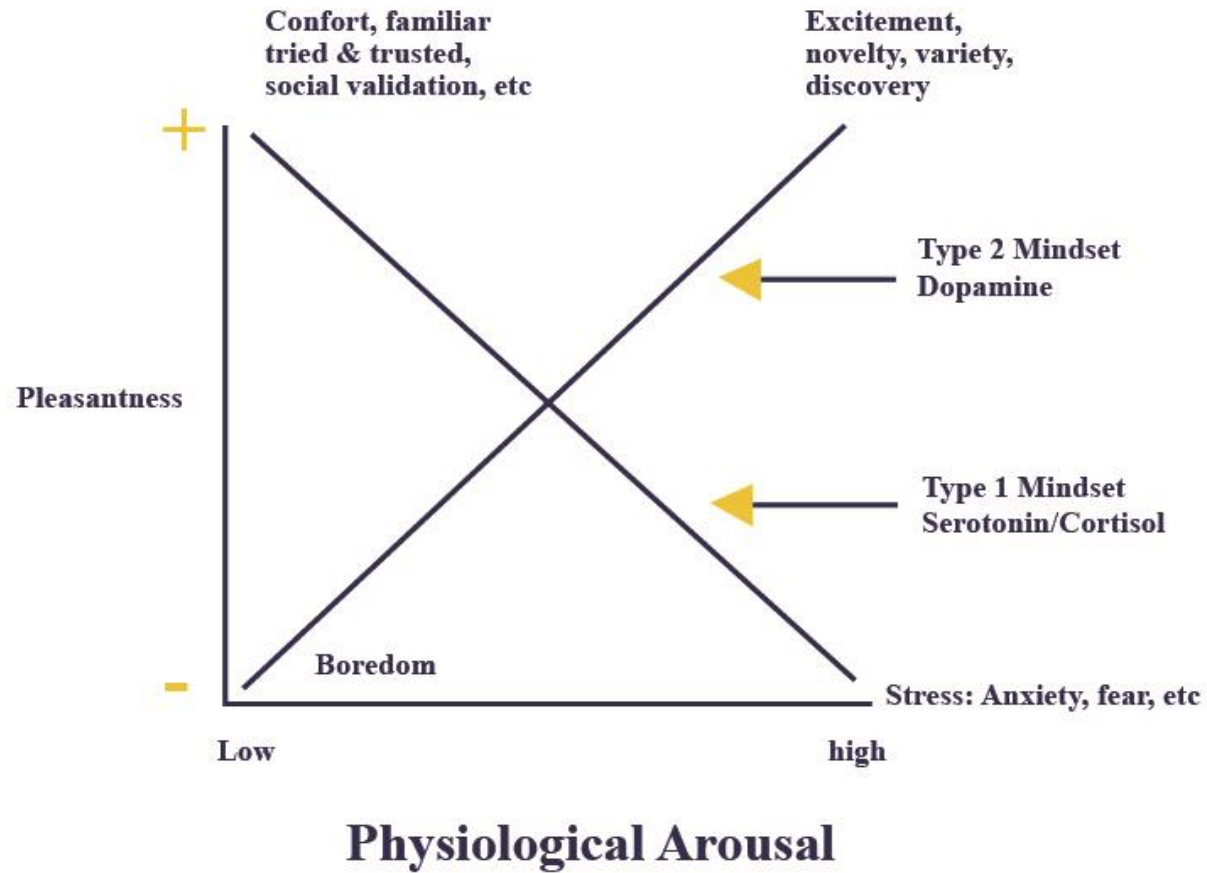


# Your inner experience

Everything you do outside is worthwhile only if you can fix the inner experience



# Protect - Prospect, X Framework





*Ignorance*

-

*Worry / Doubt*

*Fear*

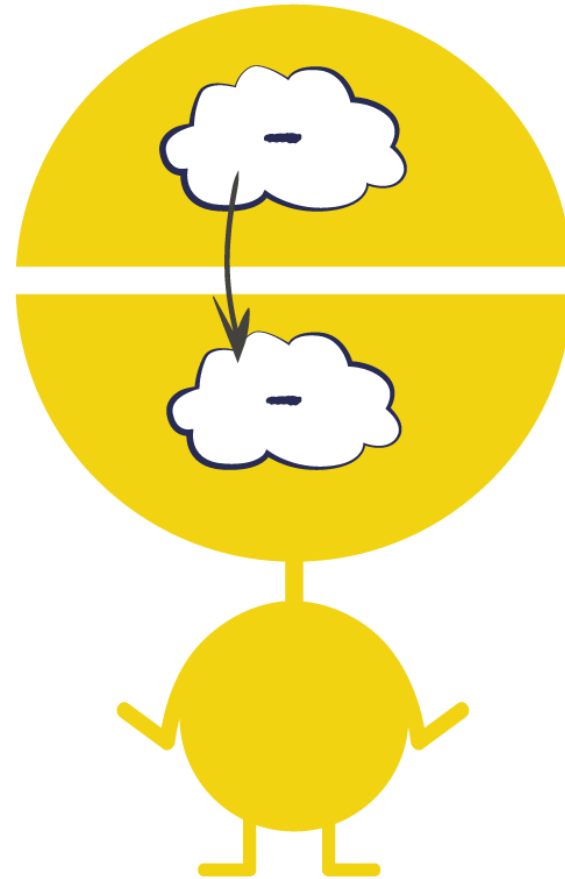
*Anxiety*

*Suppressed*

*Depression*

*Dis-ease*

DISINTEGRATION

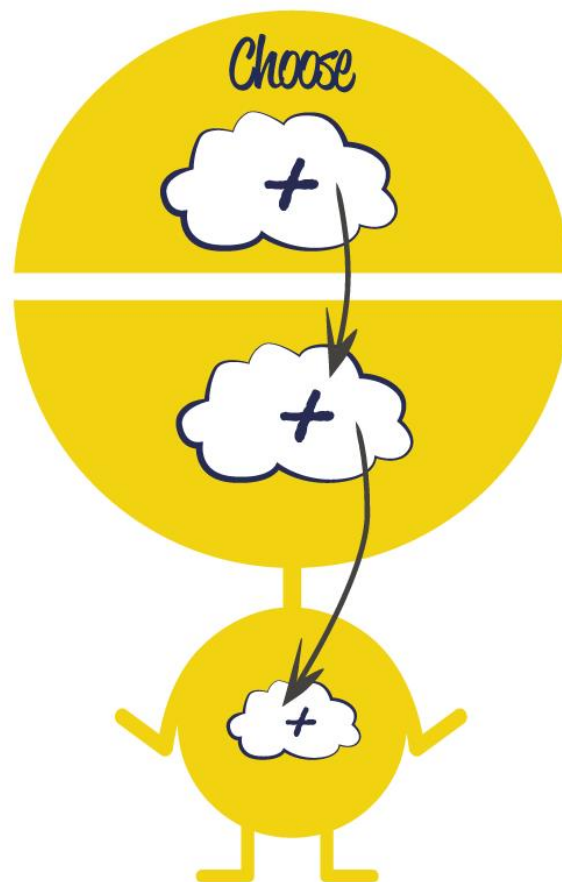


Knowledge





# Ignorance



Knowledge  
+  
Study  
Understanding

Faith  
Well-Being  
Expression  
Acceleration  
At-Ease

CREATION



# Seven Levels Of Awareness



# Artificial Intelligence (AI) vs Natural Intelligence (NI)

## AI

The theory and development of computer systems able to perform tasks normally requiring human intelligence, such as visual perception, speech recognition, decision-making, and translation between languages



## NI

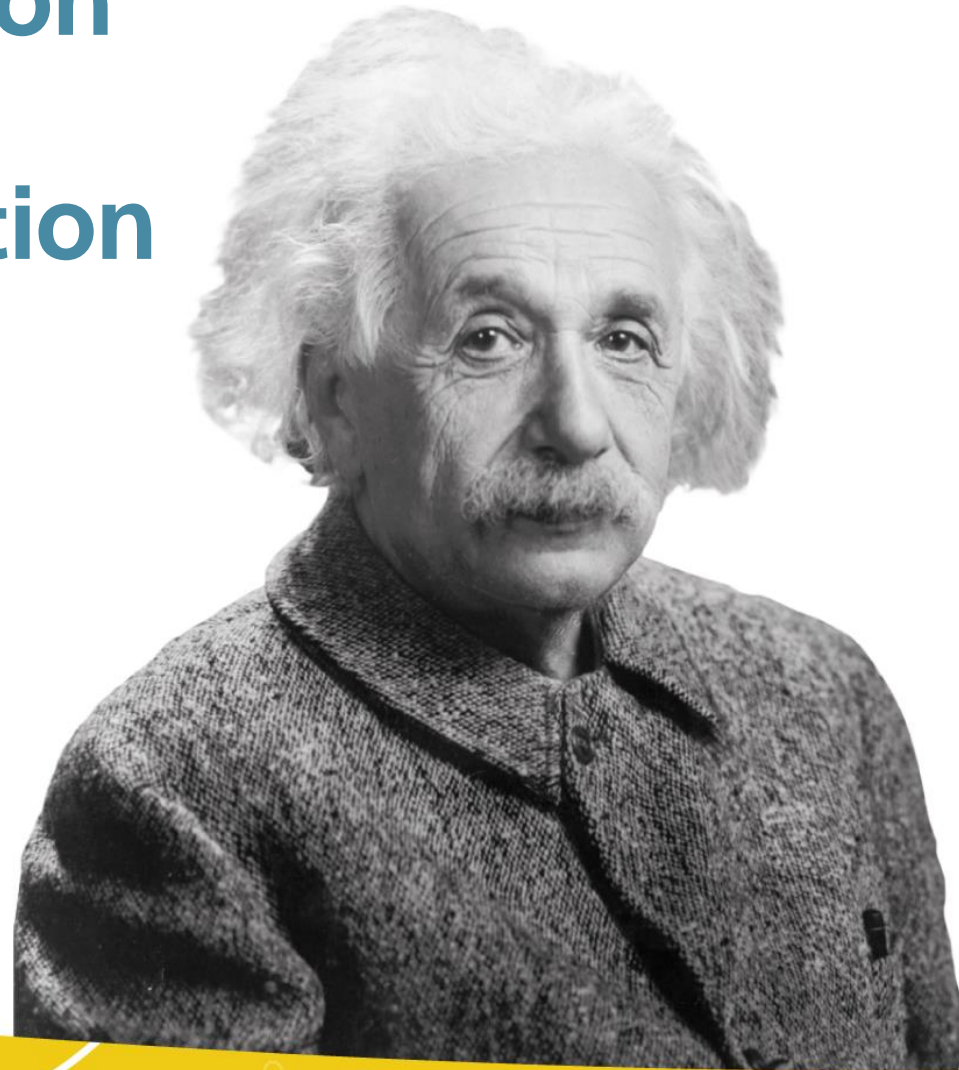
The tools and technologies already embedded into the human super computer – We need to learn the codes and study the User Manual



**NI can be learned via Ed.TiC**



Perception  
Memory  
Imagination  
Reason  
Intuition  
Will



“The intuitive mind is a sacred gift and the rational mind is a faithful servant.

We have created a society that honours the servant and has forgotten the gift.”

**Albert Einstein**



# Mindset not Strategy

## The Irony of Strategy versus Mindset

**1% is Strategy**



**99% is Mindset to  
achieve the results**

**1% of the population create  
99% of wealth and  
organisational success**



**99% of the population create  
'strategy' not mindset**





# Change

Change lives

Change organisations

Change the world

The common denominator of success is **change**

Ed.TiC Global shall unleash human beings to become the best version of human being themselves.

Time is clocking

