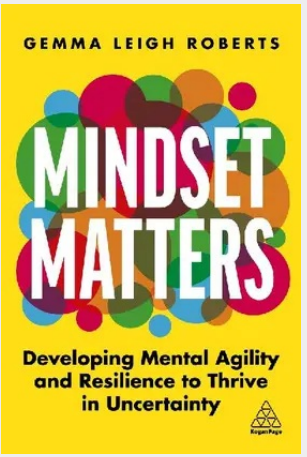
Roberts

Mindset Matters

Developing Mental Agility and Resilience to Thrive in Uncertainty



SHORTLISTED: *Business Book Awards 2023 - Work & Life***If businesses can be agile to survive in an uncertain world, so can you. The future of work requires you to move flexibly and quickly to react to change; that's where your mindset matters. Who wouldn't want to know how to best navigate the choppy waters of change?** Resilience is *the* skill to master for the future of work. The capacity to overcome adversity and, crucially, to learn from experiences and grow, resilience is the tool to have in your business leadership arsenal. From an individual perspective, it will lead to better performance and wellbeing, and for your team, you can positively affect change and build a culture of resilience that permeates your business. In ***Mindset Matters*** chartered psychologist and star LinkedIn Learning instructor, **Gemma Leigh Roberts** , teaches you why mental agility is the key ingredient to developing resilience and how to achieve it. This book will teach you the principles of thriving in uncertainty. From changing perspectives, emotional flexibility and achieving a growth mindset, to cementing your mindset shift in others and your team, you will learn research-backed strategies that will allow you to grow your resilience and use change to your advantage. With energy and speed, you can embrace moments of pivots and ensure you and your business bounce back from whatever the world throws at you next.

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