

Module 1: The Mindset Shift

Course Introduction & Structure

This course module is designed to help you break free from the victim mindset and build the foundation of a leadership mindset rooted in ownership, growth, and resilience.

 Pair with Videos 1–4

Learning Objectives

- Recognize and replace victim thinking with a leadership response
- Understand how mindset shapes your career trajectory
- Learn to adopt habits that build trust and respect on the jobsite
- Begin practicing ownership of your actions and choices daily

What's Included

- Fillable PDF Workbook — Guided exercises to practice shifting your mindset
- Reflection Prompts — Identify your current beliefs and how they influence your behavior
- Jobsite Case Studies — Compare mindsets and outcomes from real scenarios
- Weekly Leadership Action Plan — Put ownership into action every day

What You'll Practice This Week

- Showing up early and ready
- Replacing complaints with solutions
- Taking responsibility for mistakes without excuses
- Supporting teammates proactively
- Journaling wins and lessons daily

Video Training Structure

- Why Following Comes Before Leading – Learn why leadership begins with followership
- The #1 Thing Every Leader Needs – Understand how trust defines leadership potential
- Humility & The Key to Career Acceleration – How humility builds credibility and opportunity

- The Right Way to Follow & Earn Respect – Learn the behaviors that create trust and respect

Independent Study Challenge

Complete your daily progress tracker. Write down one situation each day where you shifted from a victim response to a leadership response.

Peer Leadership Mini-Challenge

Ask a peer or foreperson:

“What’s one thing that made you respect your first real leader?”

Record their response and identify one way you can apply it this week.

Career Impact Call-Out

Mindset is the foundation of leadership. Before others can trust you with authority, they must trust how you think, respond, and show up every day.

Notes