

Key Take-aways – Session 3 - Mindset

Catherine Curry Hyde

1. Courage and confidence. Courage to not be intimidated and confidence the not let intimidation undermine your courage.
2. Develop and grow your mindset through hard work.
3. Respect and listen and you will be respected.
4. Be firm in your values and what you believe in.
5. Allow yourself to be different, be confident being different. You don't always have to follow the norm.
6. Be good at what you do and never stop learning.
7. Don't be afraid to push boundaries. Think and move outside the square.
8. Give credit where it is due. Never forget those who have helped you along the way.
9. **Lead with a growth mindset** – Every experience, even the setbacks, is an opportunity to learn and evolve

Heidi Victoria

1. **Lead with a growth mindset** – Every experience, even the setbacks, is an opportunity to learn and evolve
2. **Confidence is built, not born** – Back yourself, even before you feel “ready.”
3. **Curiosity fuels clarity** – Stay open to new perspectives and keep asking questions; it's how true insight forms.
4. **Resilience is a mindset, not a mood** – Challenges are inevitable; how you respond is where your power lies.
5. **There's strength in authenticity** – Your mindset doesn't need to match anyone else's—own your voice, values and path.
6. **Focus on impact, not perfection** – Progress matters more than polish. Start where you are, with what you have.
7. **Mindset is contagious** – Bring positivity, purpose and possibility into every room you enter—it lifts others and opens doors.