What does the term 'Behavioural Skills' mean to you, in relation to the workplace and why do you think it may be important to have them?

The Behavioural Skills are the soft skills that how we behave to the particular situation. These skills are more important that how our behaviour and thinking to overcome the challenges that we face in the workplace.

COMMUNICATION

Effective communication requires the use of appropriate verbal and non-verbal communication skills by both speakers and listeners.

PROACTIVENESS

Proactiveness means taking the lead on your work without any push from your manager or others, anticipating situations, and preempting actions that would be needed.

ADAPTABILITY

Adjusting one’s actions to each situation, even when in a changing environment.

TEAMWORK

Teamwork is when a group of people, or just two people work together towards a shared goal.

Growth Mindset- Belief that skills and abilities can change and develop over time.

In your own words, define a growth mindset- Growth Mindset is not restricting the way  how  we think to grow and how to overcome the situation .

Growth mindset is a belief that you can change and improve your talents and abilities with practice. Fixed mindset is a belief that your intelligence or your talents are not changeable.

To know WHAT we can do to build

here are [several attributes](https://bigthink.com/humanizing-technology/jane-mcgonigal-games-teach-us-to-have-epic-ambitions) that are prevalent in gamers that are consistent with a growth mindset, including:

* Resilience;
* Epic Ambition;
* Optimism;
* Creativity;
* Perseverance;
* Determination and Grit; and
* Collaboration.

a growth mindset   
(i.e. we see challenges as   
opportunities to learn and   
develop), we need to know HOW   
our brain creates these   
opportunities

ndividuals who believe their talents can be developed (through hard work, good strategies, and input from others) have a growth mindset.