

Abstract

The praxis report aims at exploring the workshops that were designed and implemented to empower European University Berlin students by cultivating growth mindset, building healthy connections and developing leadership potential. By examining how the key elements impact the students in terms of their personal, academic or career achievements, this report highlights the importance of holistic development in higher education.

The workshops motivated students to get out of their comfort zone, embrace challenges, foster resilience and establish meaningful relationships, which contributes to their leadership skills and in all aspects. This report reveals the transformative effect of integrating these themes into student life, providing a blueprint for future initiatives that will be aimed at enhancing university student's potential.

Keywords: growth mindset, health connections, leadership development, university students, empowerment, European University Berlin, holistic education