

THURSDAY TRAINING

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Digital Maldives for
Adaptation, Decentralization
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Navigating New Horizons

The DMADD team carries out monthly workshops named 'ThursdayTraining'. These short trainings aim to facilitate knowledge sharing among its members. The sessions are planned to be conducted on the last Thursday of every month.

The primary objective of these workshops is to enhance mutual understanding and upskilling among team members, ultimately contributing to the achievement of the project's overarching goals. The D'MADD team will share insights related to their work as well as have the chance to impart valuable experiences and life lessons that could benefit the entire team.

This initiative not only promotes professional growth but also strengthens the bonds within the DMADD team, setting a positive tone for collaborations and teamwork.



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Growth Mindset

19 December 2024



Today's Training by Project Manager Dr. Ibrahim Waheed

GROWTH Acronym:

- G = Goals
- R = Resilience
- O = Opportunities
- W = Work
- T = Trust
- H = Help

Key Takeaways:

Goals:

- What it means: Setting clear, achievable goals.
- How to apply: Always set a clear goal, maintain a positive mindset, and adapt to change.
- Why it matters: Clear goals provide direction and motivation.

Resilience:

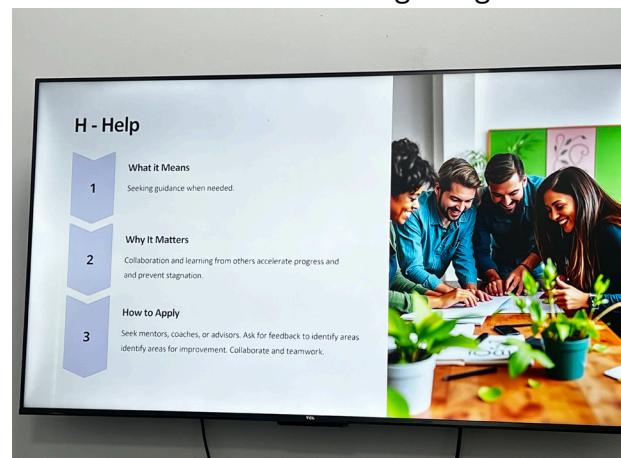
- What it means: Bouncing back from setbacks.
- How to apply: Learn from mistakes

and avoid repeating them.

- Why it matters: Resilience helps in managing stress and maintaining a positive outlook.

Opportunities:

- What it means: Recognizing and seiz-



ing new challenges.

- How to apply: Always be on the lookout for new opportunities and take on new challenges.
- Why it matters: Opportunities can lead to significant growth and success.



Work:

- What it means: Celebrating wins and building productive habits.
- How to apply: Manage your time effectively and celebrate your achievements.
- Why it matters: Recognizing success and building good habits fosters a productive work environment.

Trust:

- What it means: Trusting yourself, the process, and your team.
- How to apply: Have faith in your abilities and the collective effort of your team.
- Why it matters: Trust is essential for effective collaboration and achieving common goals.

Help:

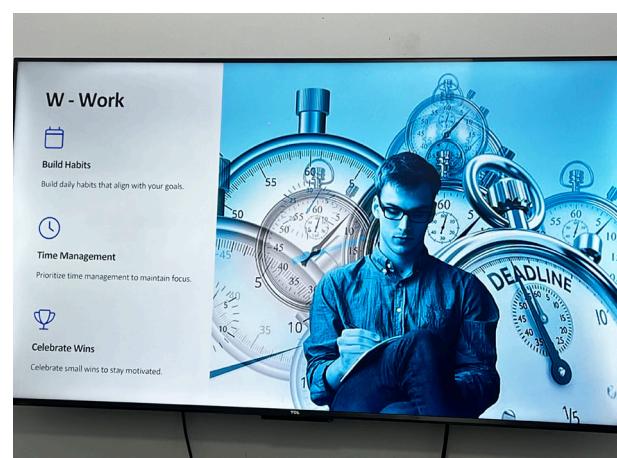
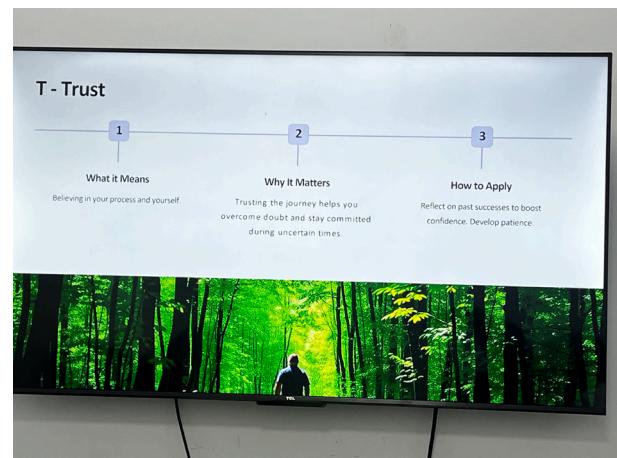
- What it means: Seeking and offering help.
- How to apply: Always ask for help when needed, seek mentors, coaches, or advisors, and ask for feedback to identify areas for improvement.
- Why it matters: Collaboration and learning from others accelerate progress and prevent stagnation.

Dr. Waheed shared a personal story from his master's thesis in 2009. When his proposal was initially rejected by the program leader, he approached the QA dean, who became



highest score and publishing four papers. This example illustrates how seizing opportunities can lead to long-term success, as seen in the current project with green tech links to his previous research.

Today's lesson emphasized the importance of a growth mindset, stress management,



and the value of collaboration. By applying these principles, we can enhance our personal and professional development.

This is the final training for the year 2024. We are looking for more insightful lessons from all our members in the coming year.



Dr. Ibrahim Waheed
Project Manager





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