MOJO SOUP

# The Inside Soup

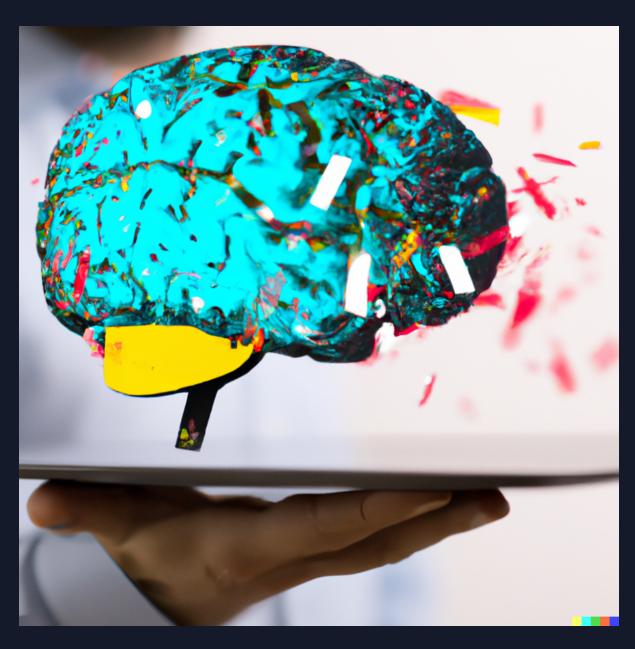Issue No.2 | February 2023



Image courtesy of DALL·E 2 AI

## February 2023

Mindset is an individual's set of beliefs, attitudes, and thoughts that influence how they approach life and its challenges. It is a critical factor in determining success and fulfillment in all aspects of life. A positive mindset is one that empowers individuals to view life's challenges as opportunities for growth and progress.

At Mojo Soup, we commence most changes to how we work by sharing knowledge and information to develop our mindset and influence our thinking well before specific actions occur to a system or process.

The value of mindset cannot be overstated. People who have a growth mindset, which is the belief that abilities and intelligence can be developed through hard work and dedication, are more likely to achieve their goals and overcome obstacles. They have a greater capacity for resilience and perseverance, enabling them to bounce back from failures and setbacks.

Having a positive mindset is also beneficial to one's physical health. It has been shown to boost the immune system, reduce stress levels, and improve overall well-being. Studies have shown that individuals with a positive mindset have a lower risk of developing chronic diseases such as heart disease and cancer.

On the other hand, a negative mindset can be detrimental to one's mental and physical health. It can lead to depression, anxiety, and stress. Negative thoughts and beliefs can limit an individual's potential and lead to self-sabotaging behaviours.

The good news is that mindset can be changed. By adopting a growth mindset and reframing negative thoughts into positive ones, individuals can develop a more optimistic outlook on life. They can learn to focus on their strengths, embrace challenges as opportunities for growth, and cultivate a sense of gratitude for what they have.

In conclusion, the value of mindset cannot be overstated. It is a critical factor in determining one's success, happiness, and overall well-being. By adopting a growth mindset and cultivating a positive outlook on life, individuals can achieve their goals, overcome obstacles, and live a more fulfilling life.

Now, can you identify which of the 7 paragraphs above were written by AI versus a human?

## Project Spotlight

Whilst we are on the AI wagon, let's take a look at some of the latest trends around change and training mediums across the Microsoft Power Platform.

What we know is that one size does not fit all when it comes to gaining knowledge on new processes or systems. There are many factors that determine the training mediums required to embed change. Our approach to respond to these factors is to offer a set of contemporary training mediums to support both formal knowledge transfer and informal or on-demand knowledge transfer. Aligning training mediums to User personas during design will ensure full knowledge transfer is provided to all users during the project as well as when the solution is operational.

The image below shows custom guided help and AI Digital Assistant (also called Power Virtual Agents); these are the most recent additions to what we can offer across the Power Platform to support enabling you and your team to build knowledge.



## Soupian Du Jour



Justin joined Mojo Soup as a Power Platform Technical Consultant. His impressive technical expertise and passion for innovation are sure to invigorate our team and propel us to new heights.

Let's get to know Justin!

**What's something we wouldn't see on your resume?**

I'm a musician that plays most weekends.

**Most exciting about starting at Mojo Soup?**

Focus on Microsoft Power Platform and learning new skills.

**Last concert you went to?**

Arch Enemy

**Connect with Justin**

## In Case You Missed It

Head to mojosoup.com.au/blog/ to catch up on our latest blogs:

- Planning Matters - Experience of Road-tripping In a Volvo EV

- The Ultimate Guide to Microsoft Teams

- Using Soft Skills to Prevent Hard Days: 3 Soft Skills Critical for Delivering Successful IT Projects

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