

# Growth Mindset

CPD Workshop



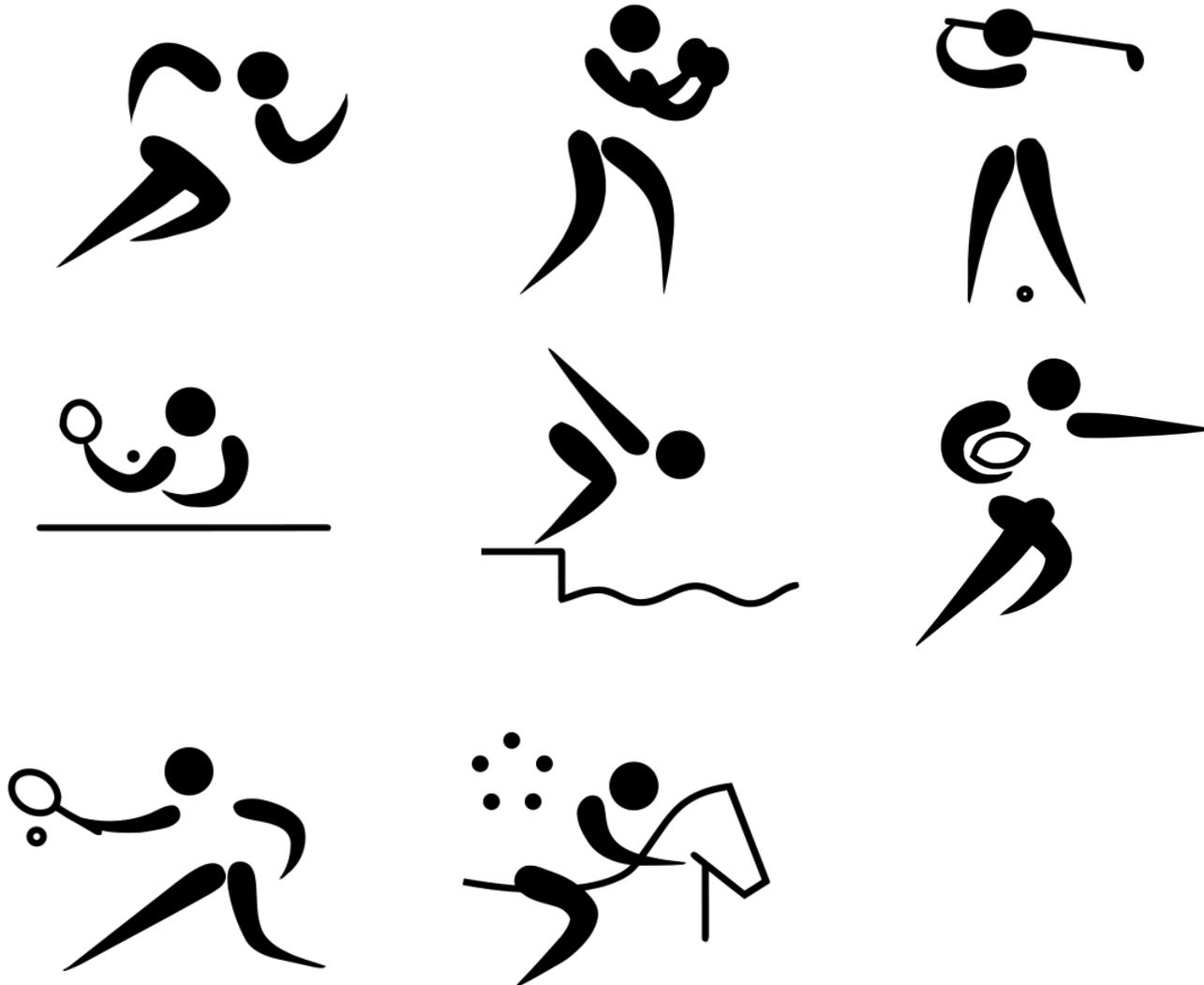
@Inner\_Drive



# InnerDrive Clients



# InnerDrive Clients

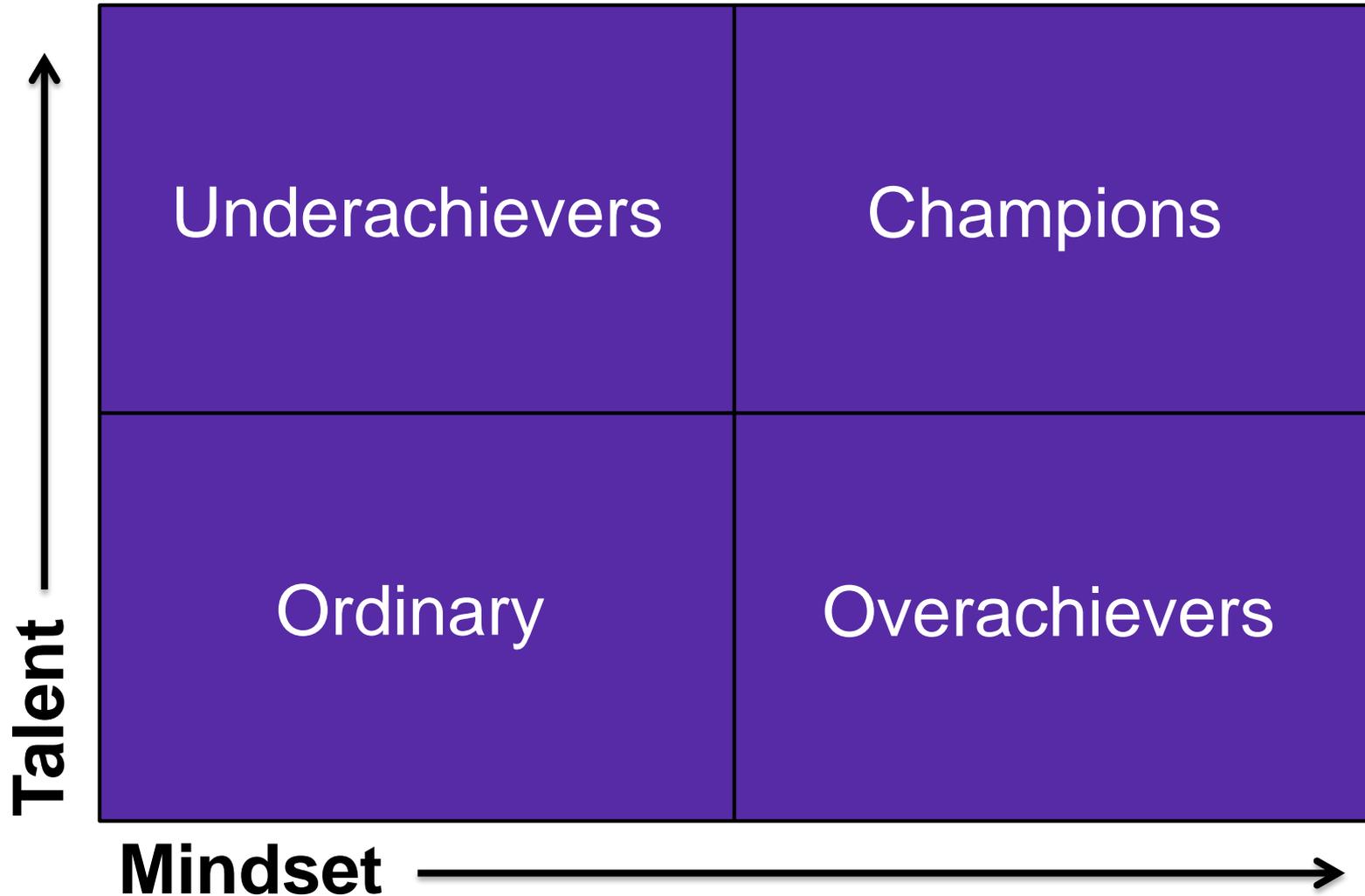


# What is Intelligence?

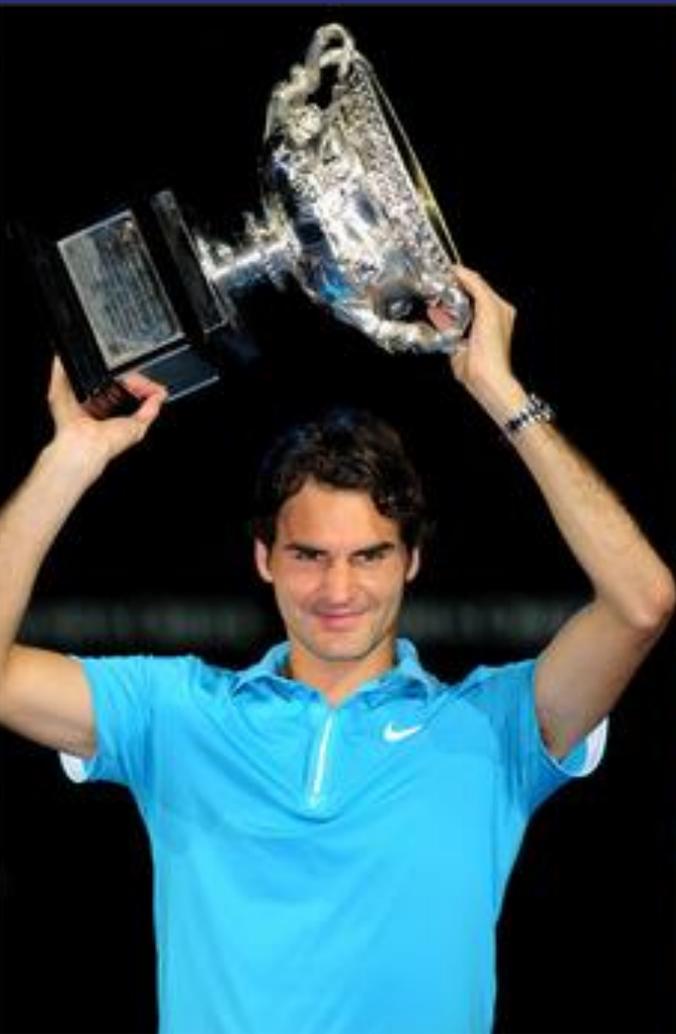




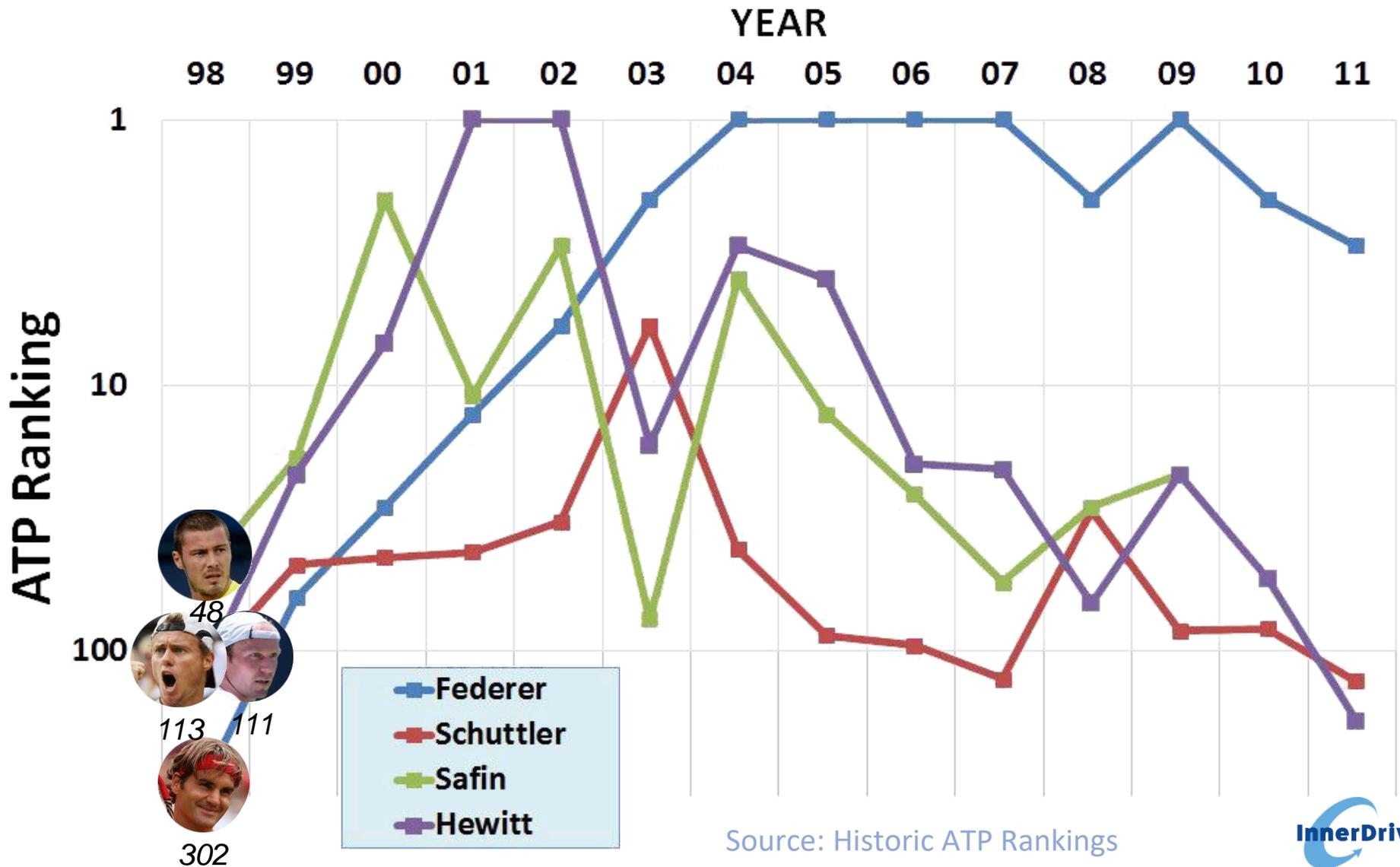
# Success



# A Case Study



# A Case Study



**Everyone can  
improve**

**Anyone can do anything**



# Growth Mindset vs Fixed Mindset



**Effort**



**MINOR SETBACK**



# The Role Of Effort

Success

Fixed Mindset

Pointless

Risky

Counter  
Indicator

Growth Mindset

Vital

Worth it

Pride



Effort

# Developing A Growth Mindset



## Purposeful Praise

- Effort over natural ability
- Process over outcome



# Growth Mindset vs Fixed Mindset



**Effort**



**MINOR SETBACK**



# The Role Of Feedback

**Success**

**Fixed Mindset**

Redundant

Threatening

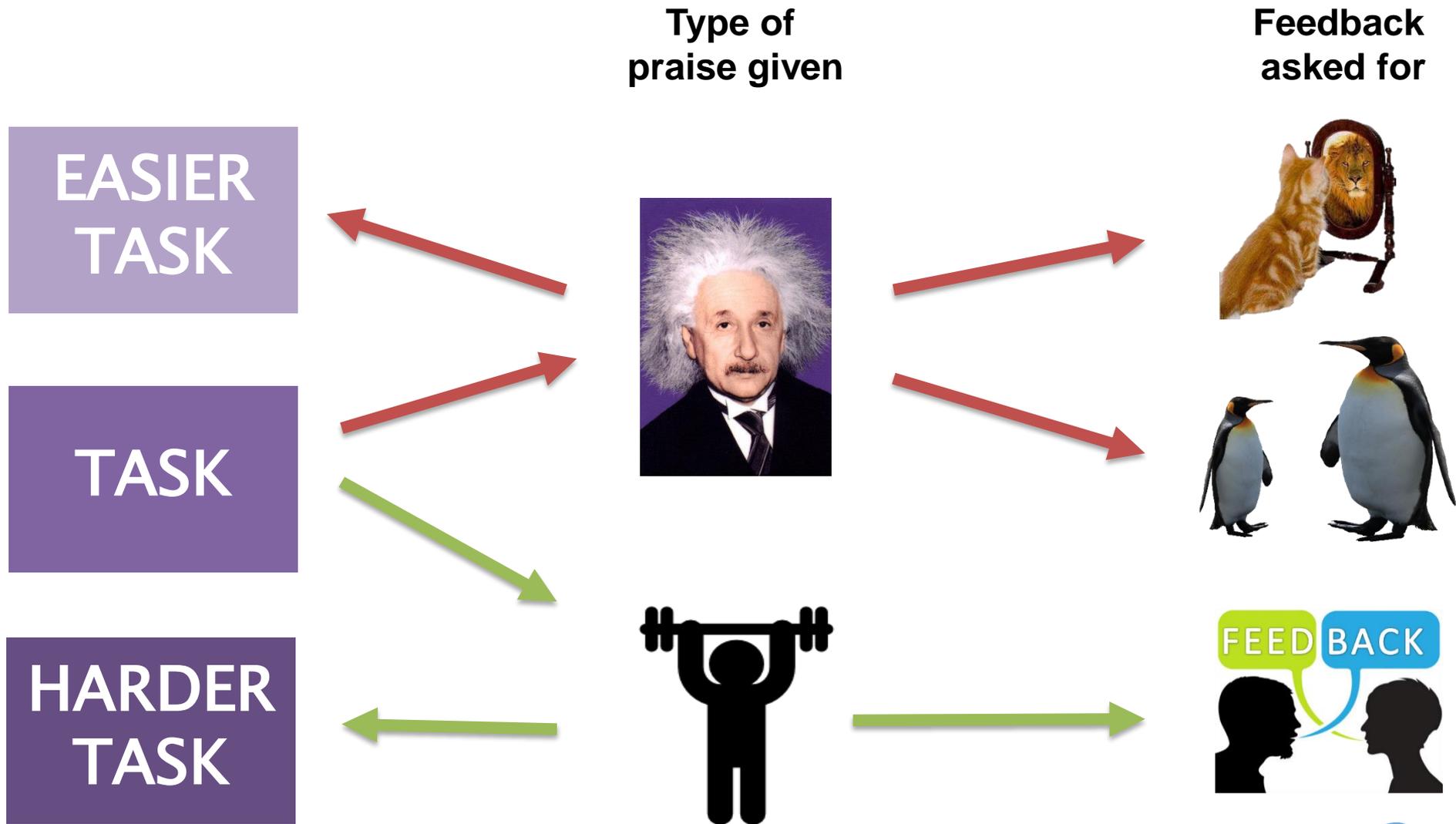
**Growth Mindset**

Useful

Empowering



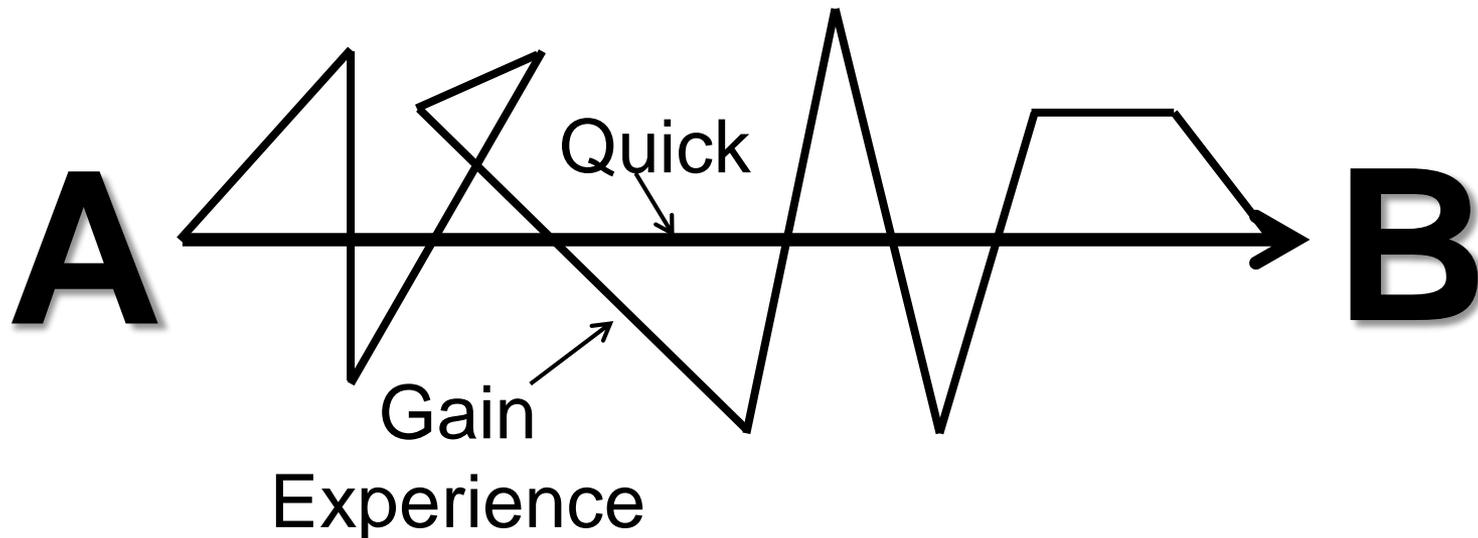
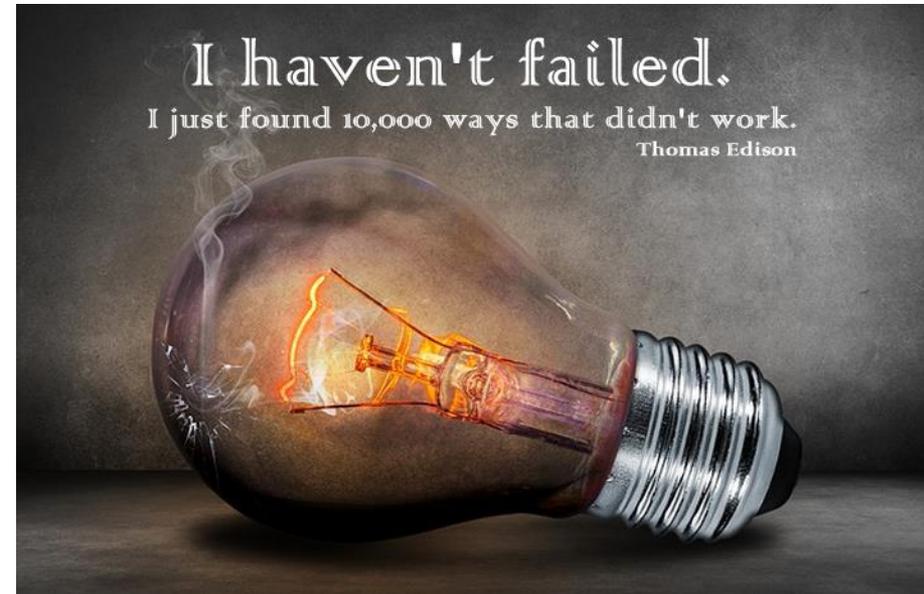
# A Study on Feedback



# Developing A Growth Mindset

## Purposeful Praise

- Effort
- Improving
- Them asking for feedback



# Growth Mindset vs Fixed Mindset



**Effort**



**MINOR SETBACK**



# The Role Of Setbacks

Success

Fixed Mindset

Humiliating

Inadequacy

Catastrophic



MINOR SETBACK

Growth Mindset

Motivating

An Opportunity

Change  
Process

# Developing A Growth Mindset

## Purposeful Praise

- Grit
- Persistence
- Determination

## Self Talk



# Growth Mindset vs Fixed Mindset



**Effort**



**MINOR SETBACK**



# The Role Of Challenges

**Success**

**Fixed Mindset**

Worrying

Embarrassing

Dangerous



**Growth Mindset**

Exciting

Fun

An Opportunity

# Developing A Growth Mindset

## Purposeful Praise

- Curiosity
- Courage
- Choosing a difficult task



# Growth Mindset vs Fixed Mindset



**Effort**



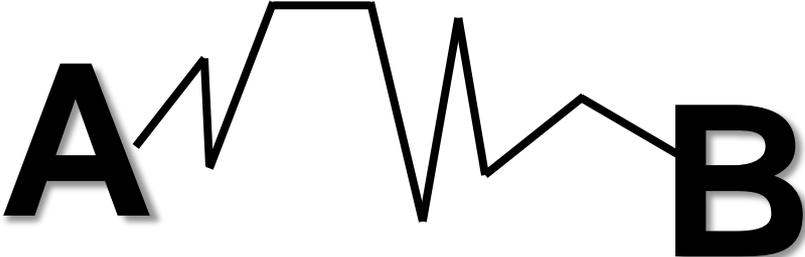
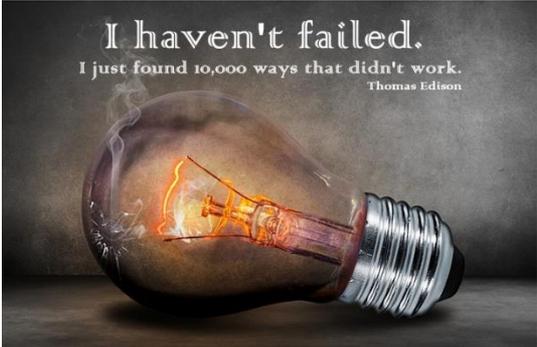
**MINOR SETBACK**



# Summary



# Recap



# 4 Questions to Develop Mindset

Teacher Network

## Four questions that encourage growth mindset among students

These simple teaching techniques will prompt pupils to seek out feedback, be more persistent with work and cope better with change

Bradley Busch

 @Inner\_drive

Sunday 15 November 2015 08.00 GMT



 Shares  Comments  
2,683 7

 Save for later



 Facilitating a growth mindset is not straight forward, but if done correctly it could improve how students learn.  
Photograph: Alamy

# InnerDrive Resources

**Developing a Growth Mindset**  
Which behaviours to praise

by @Inner\_Drive  
www.innerdrive.co.uk



**Effort** 

**Learning** 

**Asking for feedback** 

**Persistence** 

**Courage** 

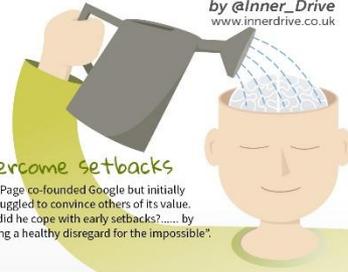
**Curiosity** 

**Choosing difficult tasks** 

**High Standards** 

**Growth Mindset**  
Stories and Science

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**Overcome setbacks**  
 Larry Page co-founded Google but initially he struggled to convince others of its value. How did he cope with early setbacks?..... by "having a healthy disregard for the impossible".

**Masters call it practice**  
 Thierry Henry scored 228 goals for Arsenal and is regarded as one of their best ever players. But he didnt score for his first eight games. His twitter bio gives an insight into his mindset; "Amateurs call it genius. Masters call it practice".

**Raise your expectations**  
 In round one of a study, people were asked to cycle 4,000m as fast as they could. In round two, the same cyclists managed a much faster time. Why? In round two, the cyclists thought they had raced against their first ride, but really they had raced against a faster competitor.

**Success takes time**  
 Research has shown that it takes, on average, about 750 competitive chess matches for a pro player to reach their peak in chess rankings. There are no quick fixes. It takes many years of practice to get as good as you can be.

**9 Ways**  
**OLYMPIC CHAMPIONS**  
**Develop Resilience**

by @Inner\_Drive  
www.innerdrive.co.uk



- 1 Develop a positive personality
- 2 View your decisions as active choices not sacrifices
- 3 Use support available to you from other people
- 4 Identify your motivation for succeeding
- 5 Focus on personal development
- 6 View setbacks as an opportunity for growth
- 7 Strengthen your confidence from a range of sources
- 8 Take responsibility for your thoughts, feelings, and behaviours
- 9 Concentrate on what you can control

Reference: "A grounded theory of psychological resilience in Olympic champions" by Bletcher and Sarker - Psych of Sport and Exercise 2012

<http://www.innerdrive.co.uk/resources>

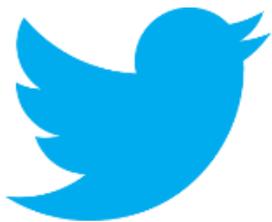
# Q & A



iPhone App  
Mindset



InnerDrive



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