

## OVERVIEW

Our Growth Mindset workshops use research from Carol Dweck, the originator of the mindset theory, and other researchers to teach students how they can become great independent learners.

The workshop explores the importance of effort, how mistakes help you learn, how to use setbacks as motivation, and the importance of curiosity and courage. This workshop gives practical tips and suggestions to help your students develop a growth mindset and improve their resilience.



## KEY MESSAGES

### The role of effort

- Don't rush to say "I can't"
- The power of "yet"
- How to talk to yourself when you are struggling

### Making mistakes

- Mistakes are important to learning
- Ask yourself: "What would I do differently next time?"
- How to ask for feedback after a mistake

### Dealing with setbacks

- Highlighting famous failures
- How to fail better
- Reflecting on students' setbacks and how they can learn from them

### Curiosity

- The importance of trying new things
- How to step out of your comfort zone
- Understanding and appreciating that the worst case scenario hardly ever happens



## BOOK THIS WORKSHOP NOW

Our workshops are interactive and engaging. It's one of the reasons we get such great feedback from staff and students. Get in touch now to discuss booking this workshop on **020 8693 3191** or **[info@innerdrive.co.uk](mailto:info@innerdrive.co.uk)**