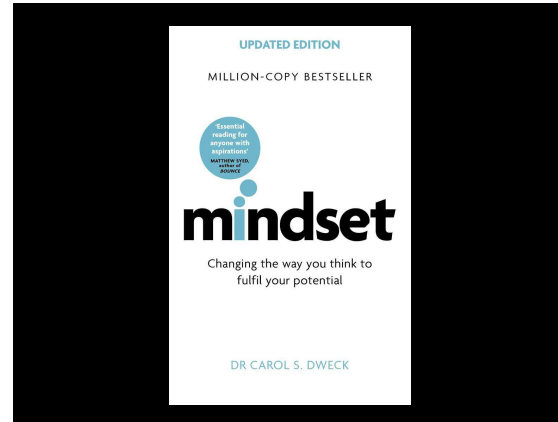
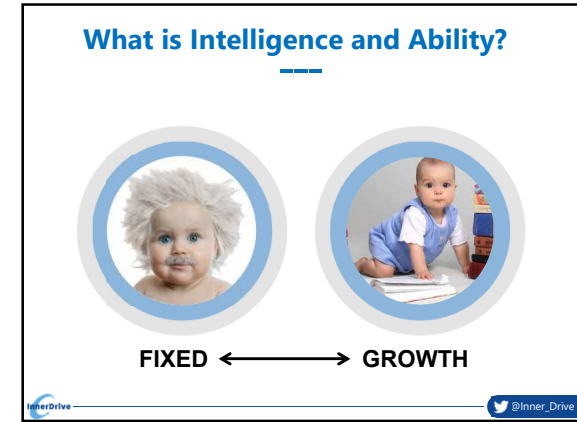




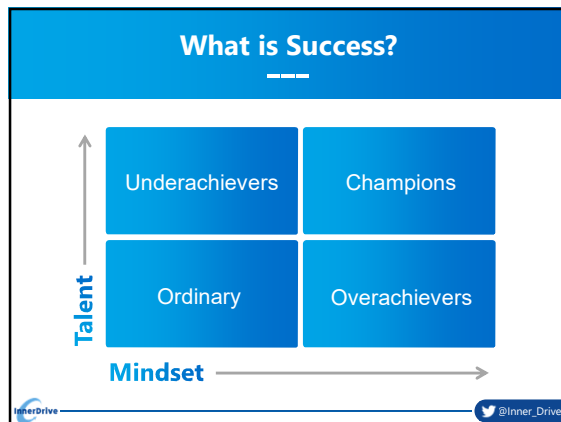
1



2



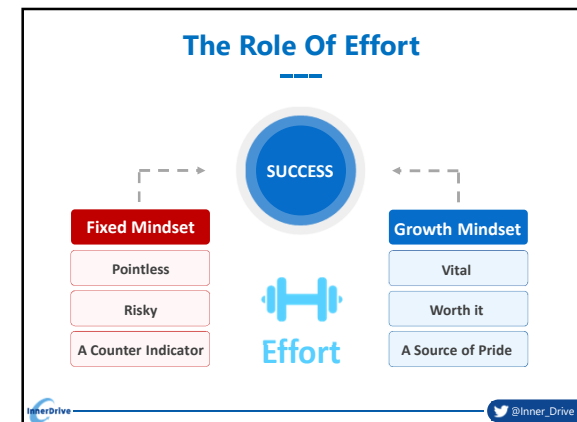
3



4



5



6

### Developing a Growth Mindset

InnerDrive @Inner\_Drive

7

### Developing A Growth Mindset

**Purposeful Praise**

Effort over natural ability  
Process as well as outcome

InnerDrive @Inner\_Drive

8

### The Role Of Feedback

**Fixed Mindset** (Red box): Redundant, Threatening

**Growth Mindset** (Blue box): Useful, Empowering

**Feedback** (Light blue speech bubble)

**SUCCESS** (Blue circle)

InnerDrive @Inner\_Drive

9

### A Study on Feedback

**Type of praise given** (Left side): EASIER TASK, TASK, HARDER TASK

**Feedback asked for** (Right side): Dog, Penguins, Person lifting weights

Source: Mueller and Dweck (1998)

InnerDrive @Inner\_Drive

10

### Developing A Growth Mindset

**Purposeful Praise**

Effort  
Improving  
Asking for feedback

InnerDrive @Inner\_Drive

11

### The Role Of Setbacks

**Fixed Mindset** (Red box): Humiliating, Inadequate, A Catastrophe

**Growth Mindset** (Blue box): Motivating, Change Process, An Opportunity

**Setbacks** (Green box with downward arrow)

**SUCCESS** (Blue circle)

InnerDrive @Inner\_Drive

12

### Developing A Growth Mindset

**Purposeful Praise**

- Grit
- Persistence
- Determination

## SELF TALK



InnerDrive @Inner\_Drive

13

### Better Self-Talk

I'm not good at this	>	What am I missing?
It's good enough	>	Is this really my best?
I give up	>	Keep trying for a little longer
This is too hard	>	This may take some time
I can't make this any better	>	I can always improve
I made a mistake	>	Mistakes help me learn
I'm not as smart as them	>	I'm going to learn how they do it
I'm not good at maths	>	I'm not good at maths <b>yet</b>


InnerDrive @Inner\_Drive

14

### The Role Of Risk

**Fixed Mindset**

- Worrying
- Embarrassing
- Dangerous



**Risk**

**Growth Mindset**

- Exciting
- Fun
- An Opportunity

InnerDrive @Inner\_Drive

15

### Developing A Growth Mindset

**Purposeful Praise**

- Curiosity
- Courage
- Choosing a difficult task

**MOST OF THE THINGS YOU WORRY ABOUT NEVER HAPPEN!**




InnerDrive @Inner\_Drive

16

### 10 Ways to Develop a Growth Mindset

1. Talking about how the brain develops
2. Less labelling
3. Praise effort over ability
4. Praise process as well as outcome
5. Encourage and coach asking for feedback
6. Coach and model good self talk
7. Praise grit, persistence, determination
8. Praise curiosity and courage
9. Provide perspective on the worst case
10. Mistakes essential for good learning



InnerDrive @Inner\_Drive

17

### Resources and Contact Details

**Google "InnerDrive Resources"**

- 1 BE MINDFUL
- 2 KEEP LEARNING
- 3 GIVE TO OTHERS
- 4 ...
- 5 ...
- 6 ...
- 7 ...
- 8 ...
- 9 ...





info@innerdrive.co.uk



@Inner\_Drive

InnerDrive @Inner\_Drive

18