

BUILD A GROWTH MINDSET

Hey there grown-ups,

There are so many things that our youngsters want to be able to do. Yet much of it can't be achieved straight away. It takes many attempts before getting anywhere near competent; let alone being expert.



with the belief that our intelligence & talents can be developed & grown.

Some key features of a Growth Mindset for us to encourage in our children (& ourselves) are...

Some children persevere while others struggle and readily give up. It's the same with us adults too! Many of us and our children, explain away our struggles and failures in terms of not being smart or talented enough.

So what can help us to help our children as they seek to become competent and beyond, in the myriad of skills the world requires of us?

Well, I would suggest that you delve into what many schools are encouraging their pupils to develop - a Growth Mindset.

The work of Dr Carol Dweck explains that our successes are less to do with being smart or talented, and more to do with the mindset in which we approach our challenges and goals.

In a very small nutshell, there is the Fixed Mindset, with the belief that our intelligence & talents are set in stone, and Growth Mindset,

- To enjoy challenges & work to overcome obstacles
- To accept that successes take effort & to be open about this
- To invite honest feedback
- To celebrate the successes of others
- To take responsibility for one's own results

It's important to realise that we are not Fixed Mindset people or Growth Mindset people. We are simply people and shift on a continuum from fixed on one end to growth on the other. Our aim is to give our children tools of growth mindset and the opportunities to practice them. This way they are more likely to spend more time in the Growth end of the spectrum.

For more on this, click this link to see Carol Dweck's book, "[Mindset: Changing The Way You think To Fulfil Your Potential](#)"

To your success! Hil