

Running the session:

Intro:

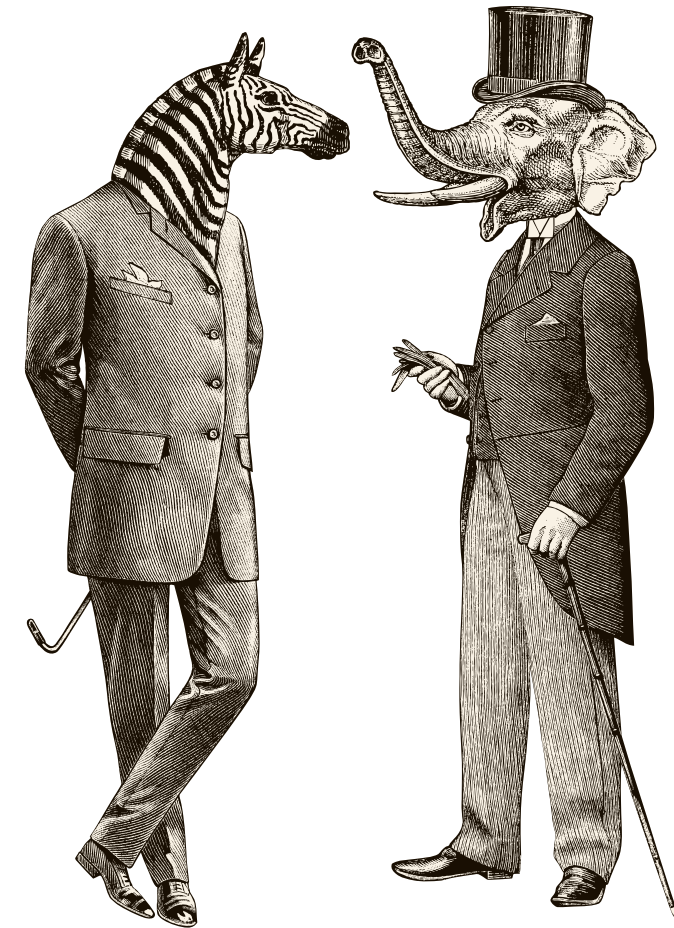
People with a growth mindset think differently and react to information differently to people with a fixed mindset. Your mind is a powerful thing. The stories you tell yourself and the things you believe about yourself can either prevent change from happening or allow new skills to blossom. By learning to recognise our fixed language and thinking and develop more growth ways of thinking and talking we can impact how we feel and outcomes.

The language we use can significantly shape the way we think and the way we behave. Small changes in language create a whole new perspective and can help us feel better and see new possibilities.

Theory:

People with a fixed mindset feel as if they have no control over their abilities and are helpless in the face of difficulties and setbacks. They begin to feel disheartened if they find something difficult or out of the ordinary, which can lead to low self-esteem and a developing sense that there is 'no point' in trying. This can impact every part of life. With a growth mindset people often see setbacks as a challenge, an opportunity to try something new or think differently. They focus on what's possible and what they can influence, they persevere, have a go and are open to new ideas.

https://www.youtube.com/watch?v=KUWn_TJTrnU



Growth mindset & staying connected

Curious questions for positive actions

This session helps people to recognise unhelpful thinking and the impact it can have on feeling disconnected. It will look at how developing more helpful thinking and actions can be done with growth mindset and language techniques.

Time: 10 mins

Resource: Pen and paper if doing this on your own or if with others, a way of sharing slides.

1. Introduce the activity:
This session introduces the power of language and curious questions to shift thinking, feel in control and take positive actions.

As a facilitator let people know we all have fixed thinking and in times of challenge this can happen even more, it's natural and don't be hard on yourself. Recognising it is the start of changing it.

2. Share the visual below introducing Growth mindset for cognitive reframing. Once you've chatted through some of the examples, encourage people to chat through any fixed thinking they have. Remind them it's natural to have fixed thinking, we all do it.

3. After they've shared some of their fixed thinking, encourage them to share some more helpful growth thinking that encourages 'cognitive reframing'. Put simply cognitive reframing is a way to see a situation differently.

4. Once they have shared some growth statements that support cognitive reframing, share the next slide and introduce curious questions. These are questions that help us move forward and take positive actions. Share the final slide for examples.

5. Encourage them think about their previous fixed statements. Can they now think of curious questions that would open thinking for new ways of behaving that would help us feel better and in control.

FIXED THINKING

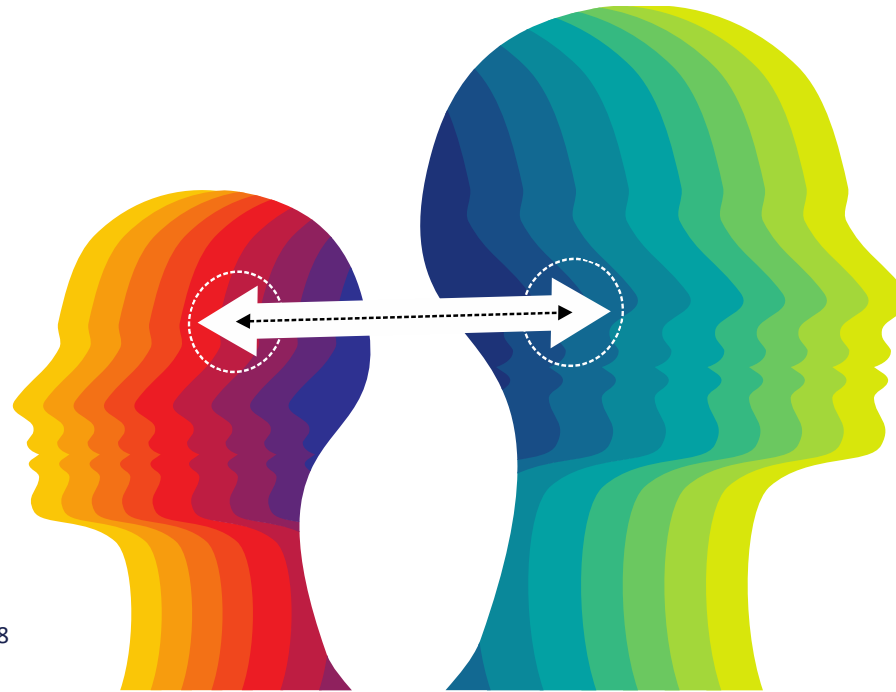
Examples

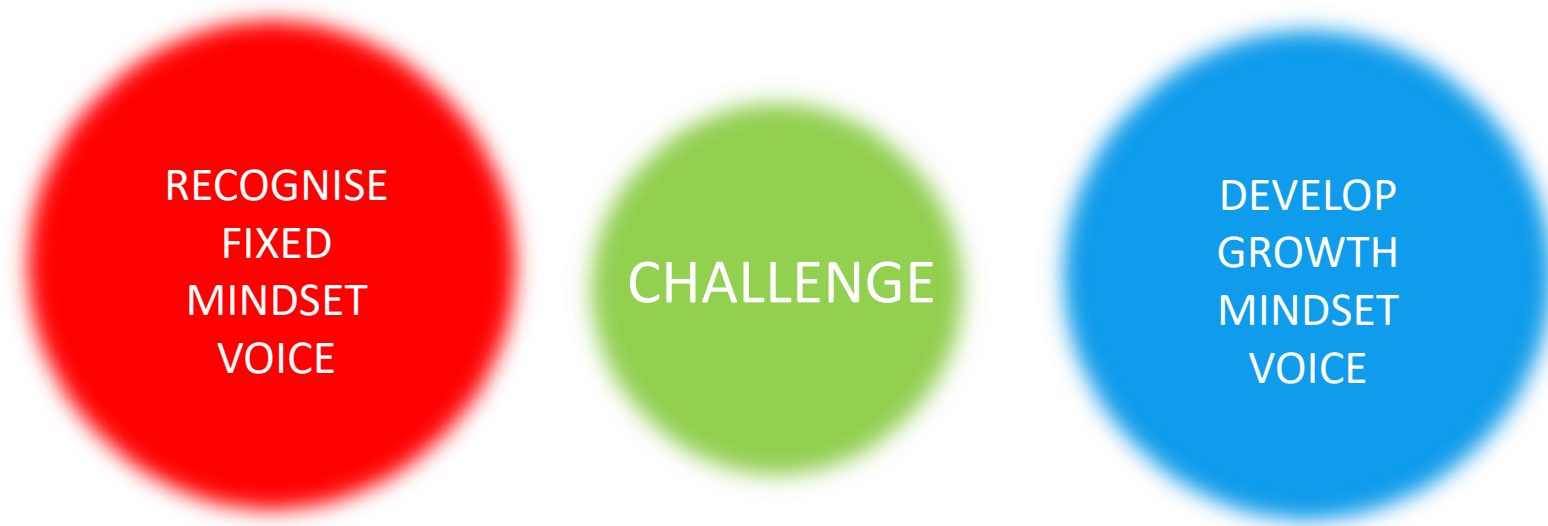
- My friends and I can't see each other.
- I'm stuck at home.
- I have lost my freedom.
- I miss the things and people I love

GROWTH THINKING

Examples

- By staying apart we're keeping each other safe.
- I'm safe at home.
- It's a short period of time and it will feel great when over.
- This has made me grateful for the things and people I love





- ✓ Learn to hear your fixed mind-set voice
- ✓ Recognise you have a growth voice too
- ✓ Reframe in your thinking in your growth voice
- ✓ Add curious questions, these open up the brain and create growth actions

GROWTH MINDSET

Supports cognitive reframing

Examples

- By staying apart we're keeping each other safe.
- I'm safe at home.
- It's a short period of time and it will feel great when over.
- This has made me grateful for the things and people I love

CURIOUS QUESTIONS

Opens thinking for positive actions

Examples

- How can I creatively stay in touch with friends.
- What else can I do in this time?
- How can I create a community around me and connect to the outside?
- How can I show the people I love I'm thinking of them?

