

CHOOSING THE RIGHT MINDSET for resilience and growth

Essential skills for leaders

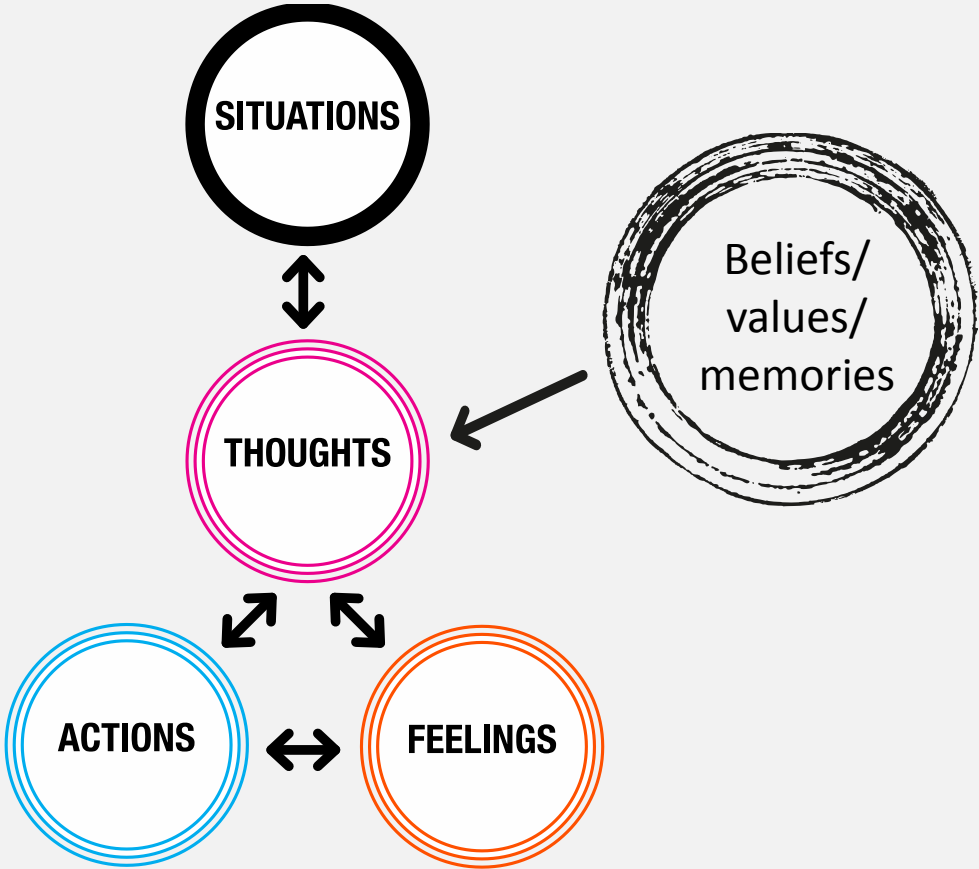
LAUGHOLGY

CONSULTING
& DEVELOPMENT

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www.laughology.co.uk

HOW WE PROCESS



TWO MINDSETS

CAROL S. DWECK, Ph.D

FIXED MINDSET

Intelligence is static.

Leads to a desire to look smart and therefore a tendency to avoid challenges



GROWTH MINDSET

Intelligence can be developed.

Leads to a desire to learn and therefore a tendency to have a go

FIXED MINDSET

- Innate
- Unchanging

- Something to avoid
- Will reveal lack of skills
- Overwhelm

- Ineffective
- Linked to not being good enough

- Defensive
- Takes personally

- Blame others, not my fault
- Easily discouraged

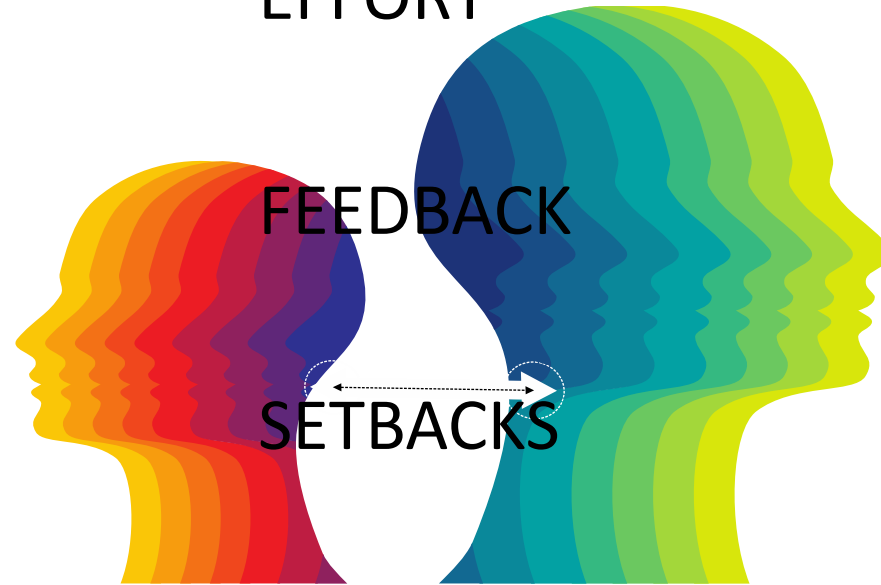
SKILLS

CHALLENGES

EFFORT

FEEDBACK

SETBACKS



GROWTH MINDSET

- Result of hard work
- Can always improve

- Embrace
- Opportunity to change
- Calls for perseverance

- Essential
- Leads to mastery

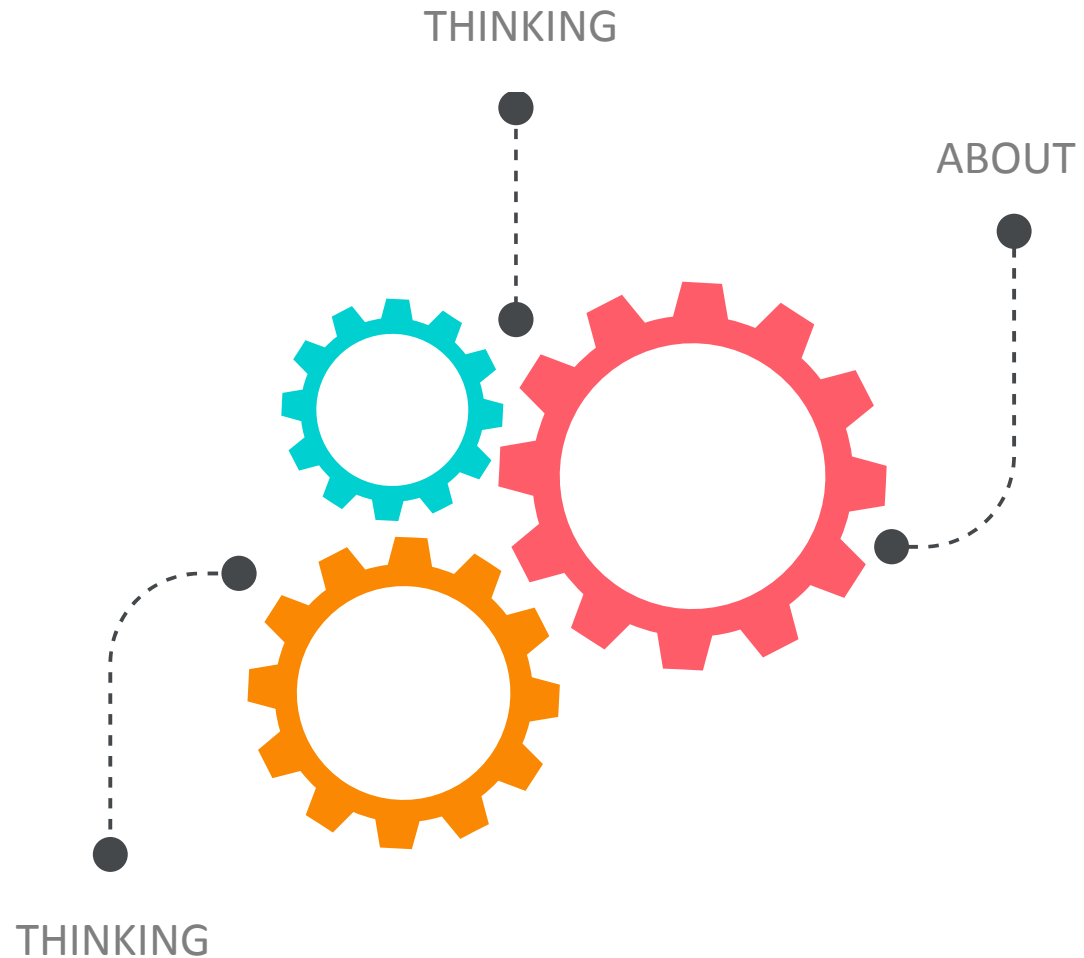
- Useful & Positive
- Welcomed
- Identify areas to improve

- Opportunities to learn from
- Focus on making changes

METACOGNITION – YOUR LEARNING PROCESS



- > Monitor learning and thinking styles
- > Know learning strategies
- > How do relate learning to existing knowledge
- > Regulate feelings during learning



JUMPING IN AND CLIMBING OUT THE PIT



THE LEARNING PIT

Facing a Challenge
You may feel anxious, nervous, scared, excited or comfortable.



Having a Go
You may feel interested, hooked and use prior knowledge.



Problem Solving
You may feel anger, distraction, frustration, challenge, confusion or uncomfortable.



Deep Learning
You may learn a sense of collaboration and concentration.



Successful Learning
You should feel achievement and pride.



F.L.I.P
FOCUS
LANGUAGE
IMAGINATION
PATTERN BREAKING



THANK YOU.

WE HOPE YOU ARE FEELING HAPPIER.

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