

# Embedding a Growth Mindset

## Embedding a Growth Mindset

Thinking positive about yourself can lead to positive feelings,  
thoughts and behaviours...

**Joe Deans**  
**Reach Out Programme Manager Schools Liaison**



# What Does Reach Out Programme Do ?

- ▶ **Provide programmes for schools in Birmingham to address some of the social issues that young people maybe facing...**
- ▶ **Provide Detached Youth Work, which is like a street based youth provision in Bartley Green and surrounding areas.**
- ▶ **Reach Out Programme Video**

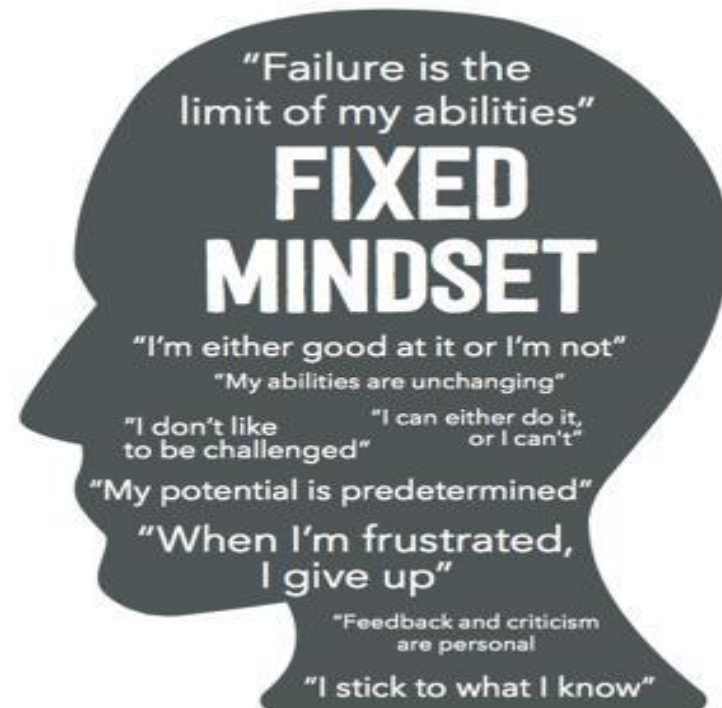
[https://youtu.be/\\_t9uPCaY4Rg](https://youtu.be/_t9uPCaY4Rg)

# Embedding a Growth Mindset

## Learning Outcomes:

- ▶ **Explore what it a Growth Mindset may mean**
- ▶ **Recognise Neuroscience as a tool for helping young people change**
- ▶ **Reach Out Methods and techniques**
- ▶ **Reflect upon who has made an impact on your life and what were their qualities**
- ▶ **Discuss best practise methods**

# Embedding a Growth Mindset



# Who has been influential to you?

## **In pairs or threes**

**Share all of the people you can think of throughout your life who may have been an unofficial mentor for you. Think back to what it was that they did, or how they helped you.**

- ▶ **Who was it?**
- ▶ **When in your life?**
- ▶ **How did they do it?**



# Embedding a growth Mindset The Brain

## Neuroscience – The study of the Brain

- **‘From birth until death, each of us needs others who seek us out, show interest in discovering who we are, and help us to feel cared for and safe.’**
- **‘Relationships are our natural habitat, while the isolated brain is an abstract concept.’**
- **‘Understanding the Brain requires knowledge of the person embedded within a community of others.’ (Cozolino 2010)**

<https://www.youtube.com/watch?v=MYokFn1nw4Q>

<https://www.youtube.com/watch?v=gmwiJ6ghLIM>



# Embedding a Growth Mindset Reach Outs Approach

## **Youth Work Has influenced my approach with young people**

- **Containment**
- **Interested**
- **Interpersonal skills – Listening,**
- **Self Disclosure**
  
- **Youth Work Values**
- **Participation**
- **Education**
- **Empowerment**
- **Equality**

# Embedding a Growth Mindset Reach Outs Approach

**Counselling & Psychotherapy has raised my game in terms of engaging with young people**

- **Person Centered – Core Conditions Acceptance, Unconditional Positive Regard & Empathy**
- **Transactional Analysis – Life Scripts**
- **Cognitive behavioral Therapy – Negative thinking and learned behavior or solution focused thinking**



# Embedding a Growth Mindset Best Practise

**What methods and techniques are you using already that are working for you?**

**What might be the barriers to implementing a Growth Mindset techniques?**

**How might these barriers become overcome?**

# Embedding a Growth Mindset Website resources

**<https://www.mindsetworks.com/science/>**

**<https://www.innerdrive.co.uk/how-to-develop-a-growth-mindset/>**

**<https://hbr.org/2016/01/what-having-a-growth-mindset-actually-means>**