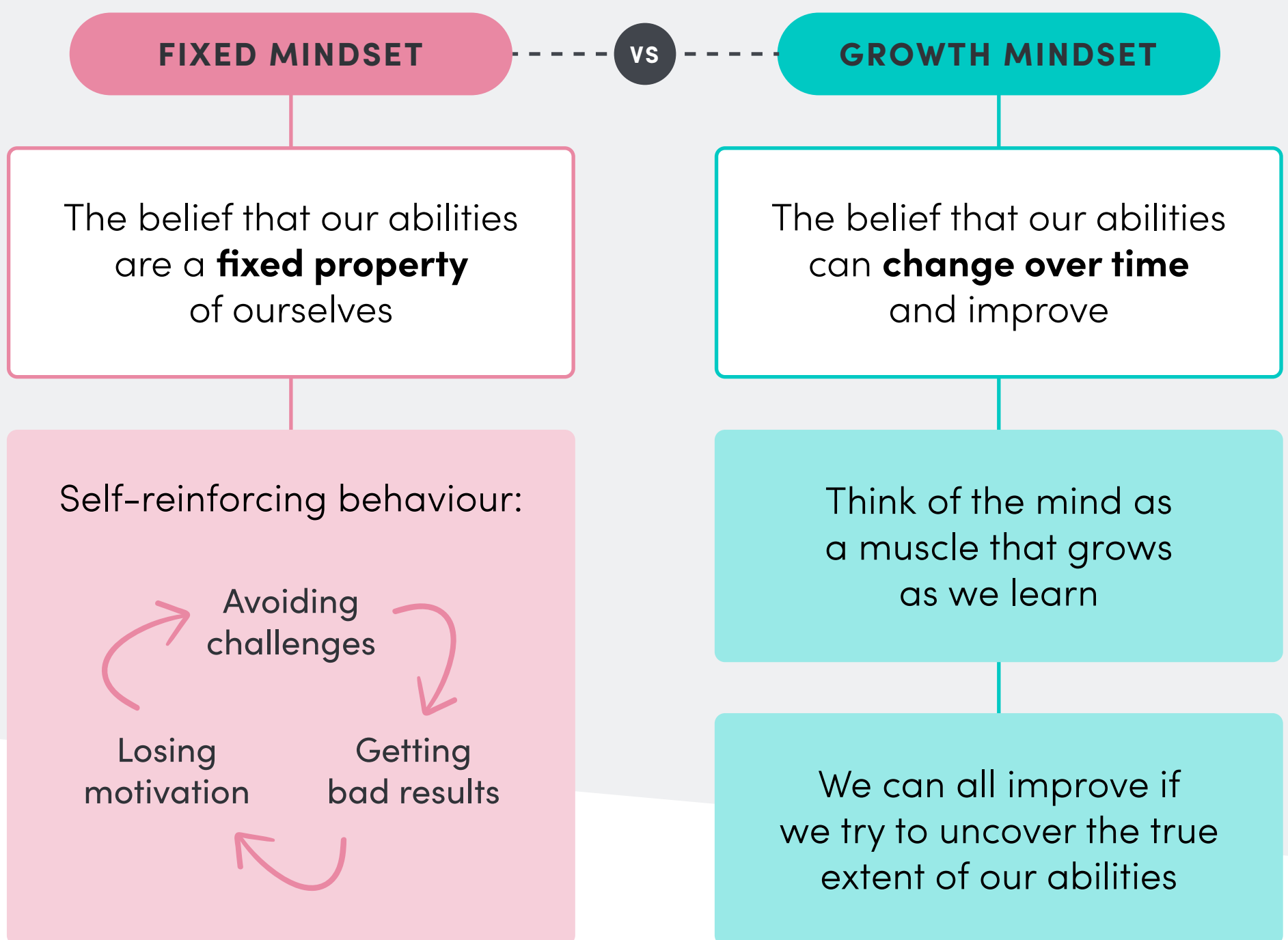


Growth mindset

A set of thoughts and attitudes that emphasises our potential to grow and achieve new things



RESEARCH TELLS US....

We're more likely to improve and be resilient to challenges if we adopt a growth mindset

Developing a **growth** mindset

Our abilities are not fixed, they can be improved through a growth mindset!



Effort isn't an obstacle, but the **pathway to understanding** and mastery



Difficulties are seen as **opportunities to learn** something new



Feedback is part of the **learning process**, not a personal attack!



The success of others is a **source of motivation**, not a threat