

Growth Mindset - A Key To Resilience For Parents and Students



It's so easy to have a fixed mindset, especially when we're stressed. "I'm just not smart enough." "I'm not as good at this as everyone else." "I can't do this." Carol Dweck pioneered the research on fixed versus growth mindset and it can be extremely helpful to understand for both parents and students. In this workshop, we'll look at how we are not just a sum of our innate, natural abilities (fixed), and that we can actually improve our talents and abilities through effort, good teaching, and persistence as Dweck suggests (growth). This will help us be better at our jobs as parents, and will help our students thrive, particularly during times of great stress.

Facilitator:



Andrew Neufeld is the Co-Founder and the Executive Director of Alongside You, Principal at Immerse Consulting, and Clinical Instructor at the University of British Columbia. He is a Registered Clinical Counsellor, Certified Birkman® Consultant and Leadership Consultant, with over a decade of experience working with individuals, couples, families and professionals. His passion is in helping organizations clarify their goals and passions and design plans on how to get to where they want to be and thrive along the way.

Date: Thursday May 6, 2021, 6:30pm-8:00pm

Registration Link:

https://alongsideyou.zoom.us/webinar/register/WN_7p16QbEJQL--9uF6W45Q5A

PRESENTED BY:



A FREE
EDUCATION SERIES
FOR PARENTS AND
CAREGIVERS

AN ALONGSIDE YOU
EVENT

SPACE IS LIMITED

Thursday May 6th

6:30 – 8pm

Email questions for
Andrew Neufeld ahead
of time to:
Kirsten Hermanson,
Manager – Prevention
and School Wellness

khermanson@deltaschools.ca