

# A Coach-Approach to building Growth Mindsets

Presented by Daniela Falecki



Growth Mindset is more than praising effort. This workshop uses coaching to highlight process & build grit and resilience for learning.

Format: Face to Face - Individual

Audience: All teachers, especially those involved in welfare or pastoral care

## Description

Developing growth mindsets requires more than just praising effort. Coaching psychology offers simple, evidence-based tools that highlight the process. This build inner resources of grit and resilience for the ongoing learning journey in both teachers and students.

### 1. Exploring mindset

What is a mindset? where does it come from and how does it work? These questions form the foundation of neuroscience where we look at the brain and how we think. Through practical activities we share, laugh and play to explore cognitive behavioural principles that explain the thought-feeling loop. By doing so we are better positioned to understand the process of coaching psychology.

### 2. The stepping stones to GROW

The GROW model of questioning offers a simple scaffold to follow as we move forward in the direction of our learning or professional goals. Given schools are learning environments where we set goals, allow for practice and measure results, the action research process of coaching gives us the tools to better reflect on our decisions, process and actions as a means for increasing accountability, responsibility and intrinsic motivation.

### 3. Getting SMART with it

Once we have identified the principles of coaching psychology, we put all our skills together in a SMART plan as way to record and discuss feedback about the process of learning. By the end of this workshop, people leave with coaching-approach strategies that are simple, flexible and practical that promote growth mindsets in both staff and students.

## Occurrences

Start Date	Location	Price
08/11/2017	Sydney CBD	\$339 + GST
24/11/2017	Sydney CBD	\$339 + GST

## Sessions

### 1. Understanding mindset

#### 2 hours

What is a mindset? where does it come from and how does it work? These questions form the foundation of neuroscience where we look at the brain and how we think. Through practical activities we share, laugh and play to explore cognitive behavioural principles that explain the thought-feeling loop. By doing so we are better positioned to understand the process of coaching psychology.

### 2. The stepping stones to GROW

#### 2 hours

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### 3. Getting SMART with it

#### 1 hour

Once we have identified the principles of coaching psychology, we put all our skills together in a SMART plan as way to record and discuss feedback about the process of learning. By the end of this workshop, people leave with coaching-approach strategies that are simple, flexible and practical that promote growth mindsets in both staff and students.

## About the presenter



### **Daniela Falecki**

#### **Creator**

Daniela Falecki is known as the "keep-it-real" teacher who specialises in Positive Psychology. Her passionate and practical approach makes her a sought after speaker in schools because she knows what it is like. Sharing stories from her 20 years of experience in schools, her insights are practical, realistic and evidence based. Daniela also lectures at Western Sydney University, is a Senior Associate for Dr Suzy Green & the Positivity Institute, and is the developer of many BOSTES accredited mentoring and coaching programs for teachers. Daniela has been the NSW Manager for the Outdoor Education Group, program developer for International College of Wellness Coaches and is a member of the ICF (International Coaching Federation). She has completed a Masters in Education (Leadership), a Bachelor of Education (Physical & Health Education), a Diploma in Rudolf Steiner Education, a Life Coaching Certificate (Life Coaching Academy) is a Master Neuro Linguistic Programming practitioner and was voted Lecturer of the Year 2014 at Western Sydney University.



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Product: A Coach-Approach to building Growth Mindsets

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