
Grow Your Mindset

Education Overview



Contents Page

Page 3: Company Profile

Page 4: What is Growth Mindset?

Page 5: Why developing a Growth Mindset is so important in education

Page 6-8: What Grow Your Mindset can do to support your setting

Page 9: What do people say about us?

Page 10: Our pricing

Page 11: Gallery





Company Profile

Hello! from the Grow Your Mindset team.

Gemma Sanchez and Elizabeth Cronshaw are the founders of Grow Your Mindset. They have the passion for and have experienced the impact that developing a Growth Mindset can have on an individual's belief, attitude and focus towards learning and life. With 25 years teaching experience between them (including 7 years SENCO) and 14 years corporate, they have seen how successful developing a Growth Mindset can be.

Understanding more about how we learn can have a life changing effect on your

progress, personal and business growth, as well as our mental health and outlook on life, making us happier and leaving us feeling fulfilled. So their mission is to share their knowledge and experience to empower individuals to think differently and cultivate a passion for learning, no matter what their age or position.

And as they continue to grow along with the impact of the work they do, Grow your Mindset has been nominated for a number of prestigious awards.

Through their own research and practise they have developed a range of different projects to allow individuals, families, schools and businesses to establish a community that thrives. By embedding the Growth Mindset philosophies within their projects, they believe they can achieve their mission.

What is Growth Mindset?

Growth Mindset is a term coined by Stanford University Professor, Carol Dweck. She has spent years researching and talking about her fascination with how equally talented people make progress and others do not. In a growth mindset, people believe that their abilities can be developed through dedication and hard work. When people have the belief their basic qualities can be developed, failure still hurts, but they know those failures don't define you. The Growth Mindset attitude and focus creates a love of learning and a resilience that is essential for accomplishment. Teaching a growth mindset creates motivation and productivity in the worlds of business, education, and sports. In our schools and businesses, we have a huge responsibility to teach knowledge to achieve the increasingly demanding examination results and achieve highly ambitious targets, but other factors, such as resilience, confidence, integrity and empathy also have a profound impact on our success. It is crucial to encourage and embed positive attitudes and behaviours by modelling them everyday to whomever we meet.





We are passionate about ensuring your staff and children unlock their potential!

Teachers and parents have a powerful opportunity to influence students' mindsets, so we have developed a series of strands in which they support, guide and advise you in how you can cultivate a growth mindset culture within your community, to include all staff, children and parents and with recent changes to the Ofsted framework for health and wellbeing, there has never been a better time to start thinking about developing this approach in your setting.

It's a fact that nearly half of all lifetime mental illnesses emerge by the age of 14. Recent research (J.L Schleider and J.R Weisz 2016) proposed by the National Institute of Mental Health (NIMH) emphasises that "Mindset intervention may help prevent the onset of full blown anxiety or depressive disorders."

But why is developing a Growth Mindset fundamental to learning?

As soon as children become able to evaluate themselves, some of them become afraid of, or avoid challenges, fear of making mistakes, see feedback as a personal criticism and consider effort to be fruitless. Making a Mindset Move ultimately changes how we approach learning. This shift over time leads to higher achievement and improved mental health.

Those that believe their abilities are malleable are more likely to embrace challenges and persist despite failure and if abilities can be expanded - if change and growth are possible - then there are still many paths to success.

What can Grow Your Mindset do to support your setting?

GyM Hub:

All staff are invited to take part in highly engaging and informative Grow your Mindset training, learning the fundamental principles of Growth Mindset and the common misconceptions about delivering it in education, saving you precious time, but also higher impact from having an outside consultant. Our workshops cover what the main principles are, practical advice and show links with our language use.

GyM Teach 1:

We can accommodate classes from Reception right up to their final years in college to develop an understanding of Growth Mindset. Using a variety of strategies students will have a deeper knowledge of how their brain learns.

We invite staff to fully participate to enhance their own understanding alongside the class they teach.





MINDSET
Is everything.
What you think
you become.



GyM Teach 2:

We will also Team Teach and plan with staff, weaving the development of mindsets through everyday lessons.

We know there is a lot of information out there about what Growth Mindset is, but not really much about the HOW to implement it successfully.

We have been working very hard to develop tried and tested strategies through our research. With our expertise, we can show you some tricks of the trade so you can continue to develop a growth mindset culture and break down those barriers that can hinder learning.

Mindset Motivation:

Here we offer individuals, small groups or

even a particular year group, a more focused, personal experience with regular Growth Mindset interventions, to develop confidence, engagement and to reinforce what learning looks and feels like.

We liaise with staff and leave valuable resources for them to continue the work covered in between and after our sessions.

GyM Coach:

Here we further support and develop your staff to be the best version of themselves, whilst finding a sustainable solution to developing your Growth Mindset culture across the school community.

In GyM Coach, we work in a small team to develop their practise on the front line, with their classes.

We conduct lesson studies, looking for areas for development and developing a real solid plan on how to achieve their goals and ambitions. We look for solutions, not problems and meet regularly to discuss progress, but we also encourage peer to peer support. We use only the best examples and success stories to be inspired from, nurturing your staff, believing in their potential, raising confidence and self esteem to then watch them flourish in the classroom and beyond

Brain GyM:

A fun Growth Mindset 'Activity Day' awaits each class to embed their learning and understanding of the principles of Growth Mindset. Challenges, races and teamwork will all be involved to get your children up and moving. Within Brain Gym, the children are up, being energetic and having fun whilst reinforcing the principles of Growth Mindset, so get your trainers at the ready! They will work collaboratively to solve problems and puzzles and as the session finishes we will hop back into our 'Brain Space' for some reflection and discussion of highly achievable strategies for children to use for life. This really is a fast paced but memorable day



Community GyM:

To communicate your setting's vision and to embrace the wider community into your journey, we offer workshops for parents, carers, lunch time supervisors, administrators, governors and even the caretaker!

What do people say about us?

I have worked with Grow your Mindset, who have helped to drive and embed a Growth Mindset ethos and understanding across our school.

They are professional, passionate and incredibly knowledgeable about different mindsets and the impact that these can have on all of us.

I would highly recommend them to any company, school or business!

Megan Wrigley - Class Teacher
Woodbank Primary, Bury



What can I say about these Grow Your Mindset?

Simply put they are gifted in the ability to inspire change in the next generation. Using their talents and experience to equip young people with the mindset that can support their journey through life.

If anyone is looking for something that can engage the children and can inspire change. this is the company to use!

Luke Askew - Motivational Speaker & Mynd Coach

The work we've done with Grow Your Mindset has had a huge impact in a short space of time. The children believe in themselves and it has got them to see how amazing they are.

Kelly Watson - Headteacher
St Gregory's Primary, Farnworth



Our pricing

At Grow Your Mindset we charge for our time, not our services. This allows settings to have real control over their budgets and access a wide range of different support.

Hourly rate

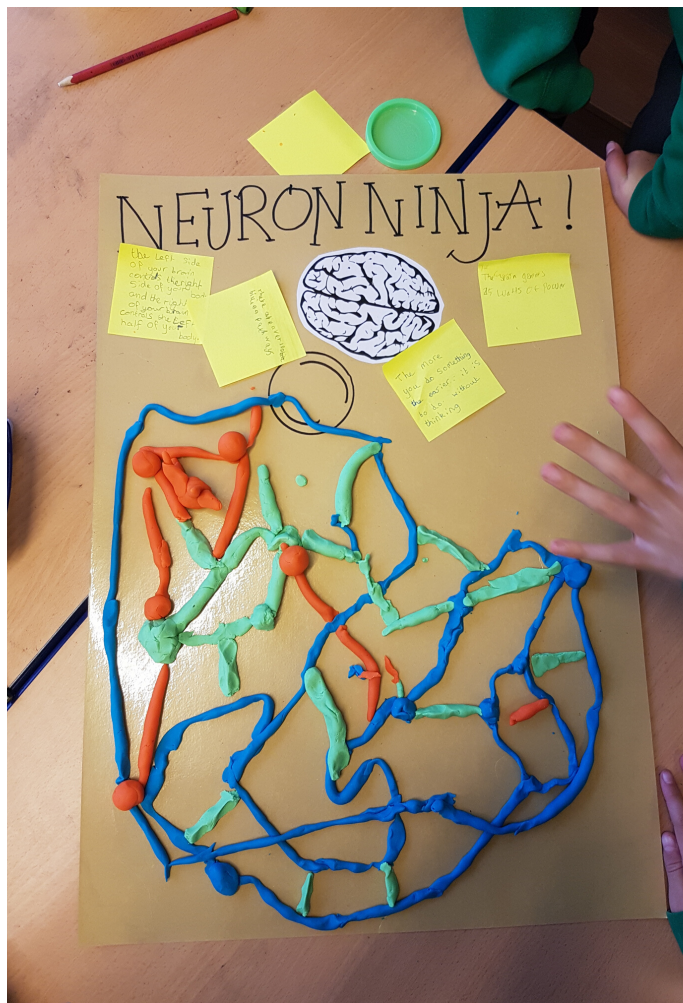
£100

1/2 day rate

£225

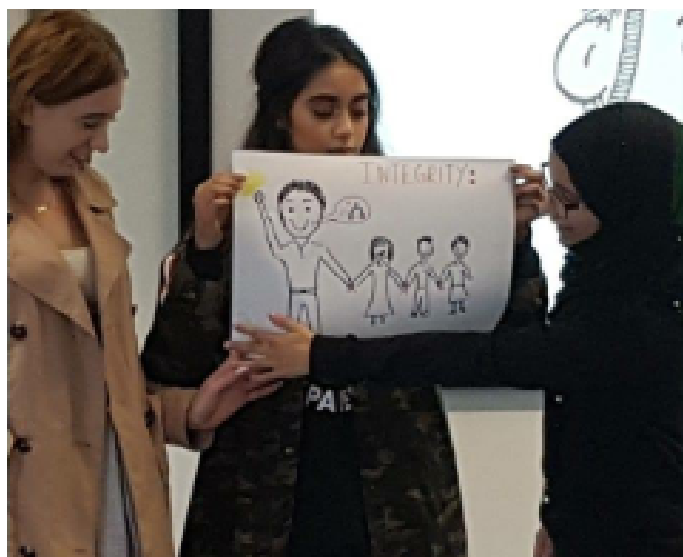
Full day rate

£350



Please note that all our prices are for 1 member of the Grow Your Mindset team.

For GyM Hub, the pricing is doubled



Gallery





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