

# Create a winning mindset

## Fixed Mindset vs. Growth Mindset

1. People with fixed mindsets believe that their abilities & intelligence are fixed traits that can't be changed.
2. People with a growth mindset believe their abilities & intelligence can be developed through hard work, learning, and perseverance.

I believe that “No Deposit – No Return.” – in essence “Everything is Earned” .

Over time I would look for this to become a culture and expectation that feeds throughout the team

## The Power of “Not Yet.”

1. People with a growth mindset view setbacks and failures as opportunities to learn & grow.
2. They have a ‘failure does not exist’ mindset.
3. They understand that they may not have mastered a skill “yet,” but with effort and persistence, they can improve.
4. They add “yet” to all of their sentences.

We are never finished we can always learn and grow.

## The Power of Praise

Praise Effort. Praise Hard Work.

1. Do not praise talent or intelligence. It can backfire. It can lead kids to a fixed mindset.
2. It can lead to entitlement, less risk-taking, and difficulty tackling adversity head-on.

Praise the process rather than the effort

# **The Role of Self-Talk**

Learn how to manage your mind

1. Just because you have a negative thought does not mean you must believe it.
2. What you tell yourself is much more important than what you think.
3. The brain is wired to think negative thoughts. It keeps us alive.

BUT you need to work with your team so they learn to master their minds.

They have learned to talk to themselves when their brain naturally brings negative thoughts into their brain often they believe them – these need to be reframed

We need to teach them to master your mind with positive self-talk.

## **Teach/Share the Benefits of a Growth Mindset**

People with a growth mindset are more

1. resilient
2. persistent
3. open to learning
4. they take risks and try new things
5. ...these lead to more success and fulfillment

There are hundreds of studies that support these words

In summary each and every interaction you have with your team creates a mindset. It builds culture.

**THEREFORE**

Developing a growth mindset with your team is critical to coaching.

## Summary

1. Promote a growth mindset
2. Use the phrase “not yet.”
3. Utilize the power of praise
4. Promote self-talk with your athletes
5. Coach the benefits of a growth mindset