



Grow Your Mindset GyM Leaders

**Course Leaders: Gemma Sanchez & Liz Cronshaw – Grow Your Mindset
Suitable for Headteachers. Senior Leaders and PSHE Leads**

Overview:

Across the UK, school leaders have growing concerns and challenge when faced with mental illness within the workplace. 1 in 6.8 people experience mental health problems in the workplace, which equates to 14.7% of the UK's workforce (Mental Health Foundation – www.mentalhealth.org.uk). Schools are continually challenged by the remaining stigma of mental illness and in the recognising of symptoms before affecting staff absence. Developing a Growth Mindset culture within any school is the foundation for proactive learning and change for all. Inviting staff to embrace a growth mindset does not mean that outcomes become devalued, it means by refocusing on the beliefs and practises that shape your staff's confidence, to try, to learn and to grow, you are more likely to get the desired results for moving your school forward in the right direction.

Understanding the underlying principles of growth mindset

To become more self-aware of your own mindset

The qualities of an effective leader

To reflect on what they have noticed about their own mindset

To understand what a growth mindset school is

To understand the qualities of a growth mindset leader

To reflect on their own leadership so far

To find solutions to common obstacles

To see the importance of learning and performance zones for staff

Venue: St Andrew's CE Teaching School, Boothstown, M28 1HS

Date: Wednesday 2nd October; 30th October; 27th November 13:00-16:00

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