



# Supporting Self-Esteem



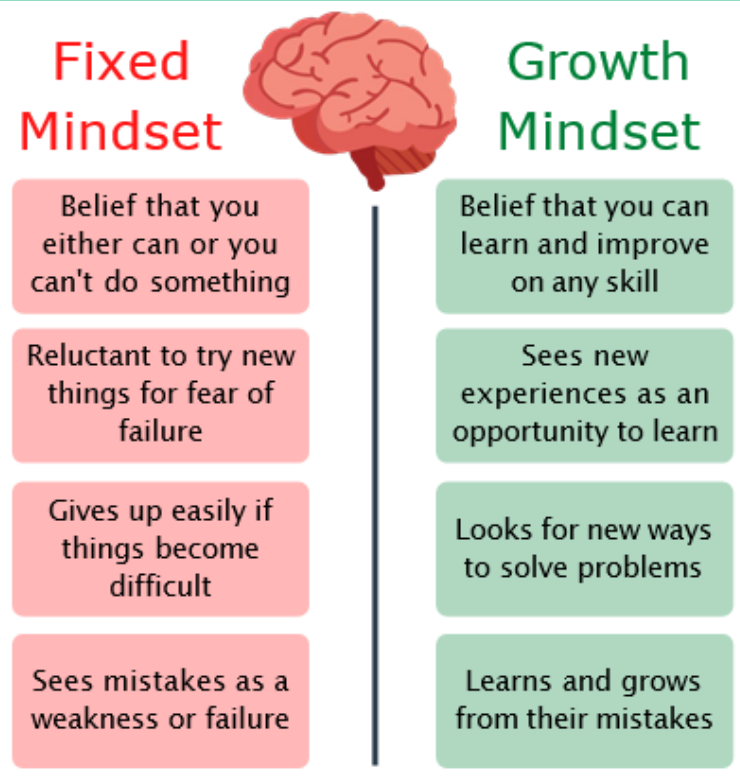
## What is a Growth Mindset?

Professor Carol Dweck, an American psychologist, suggests that children and adults can have different beliefs about the nature of intelligence and ability.

Some people have a fixed mindset, where they believe that intelligence and ability are fixed traits that are set at birth.

People with a growth mindset believe that intelligence and ability can be developed through effort, trying different strategies and learning from our mistakes.

We want to try and instill a growth mindset in the young people we work with.



"That was a brilliant goal! You've worked so hard on your technique."

"I wonder why that didn't work. Shall we try something different?"

"Dani is really good at maths. I'll ask her how she learns best!"