



Coaching Families From a Growth Mindset

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Evidence-Based Practices

- Adult Learning Theory
- Family-Centered Coaching
- Parent-Child Interaction Therapy
- Growth Mindset

The Envelope, Please

- Read the story on the outside
- Do not open the envelope
 - What would you think?
 - How would you feel?
 - What would you do?
 - What would you say?

There's Always Something Inside the Envelope

- Open the envelope
- Read what's inside
 - What would you think?
 - How would you feel?
 - What would you do?
 - What would you say?

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE



Persistence



WHAT PEOPLE DON'T SEE



Dedication



Failure



Hard work



Sacrifice



Good habits



Disappointment

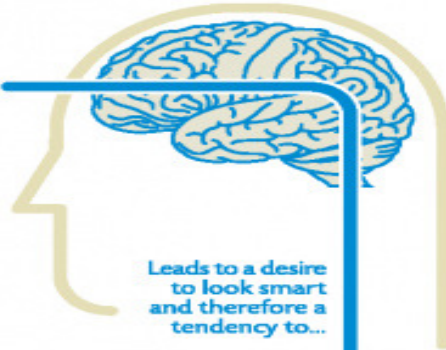


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Defining Growth Mindset

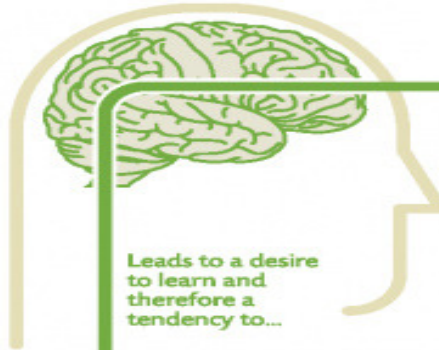
Growth Mindset vs. Fixed Mindset

Fixed Mind-set
Intelligence is static



Leads to a desire to look smart and therefore a tendency to...

Growth Mind-set
Intelligence can be developed



Leads to a desire to learn and therefore a tendency to...

CHALLENGES

...avoid challenges



...embrace challenges



OBSTACLES

...give up easily



...persist in the face of setbacks



EFFORT

...see effort as fruitless or worse



...see effort as the path to mastery



CRITICISM

...ignore useful negative feedback



...learn from criticism



SUCCESS OF OTHERS

...feel threatened by the success of others



...find lessons and inspiration in the success of others



As a result, they may plateau early and achieve less than their full potential.

All this confirms a **deterministic view of the world.**

As a result, they reach ever-higher levels of achievement.

All this gives them a **greater sense of free will.**

Applying a Growth Mindset to Coaching Families

COACH

- **Competent**
- **Open**
- **Adaptable**
- **Caring**
- **Honest**

Coaching is an adult learning strategy in which the coach promotes the learner's ability to reflect on his or her actions as a means to determine the effectiveness of an action or practice and develop a plan for refinement and use of the action in immediate and future situations.

ENUF

- Empathetic
- Non-judgmental
- Unconditional
- Feelings Focused

Positive Reframing

Negative	Positive
Bossy	Assertive
Impulsive	Spontaneous
Stubborn	
Wants Attention	
Moody	
Anxious	
Rigid	

Growth Mindset in Practice

Angelica's Story



Life-long learners have
a growth mindset