

Mindset Awareness Workshop Overview

Workshop description: This session is for anyone who is interested in understanding more about how a person’s mindset affects their responses, behaviors, and habits. We will also explore how mindset influences how we show up to or are perceived by others.

In summary:

Title	Let’s talk about mindset
Who is it for?	This workshop can be run for individuals, or members of a team
Duration	This experiential workshop requires a total of 1-1.5 hours.
Format	This workshop can be run online or in-person.
Overall Purpose	<ol style="list-style-type: none"> 1. To raise awareness of how a person’s mindset can influence their responses, behaviours and habits, and those of other working around them. 2. To give participants a taster of what mindset awareness training can offer and the insights that mindset awareness can provide.
Key content	<p>The workshop will start by introducing participants to the concept of growth and survival mindsets.</p> <p>Participants then will complete an activity as a group (online) or in pairs (in-person) to explore how mindset impacts how we show up to others.</p> <p>A second workshop activity will be tailored to the needs of the organisation, team attending or group of participants. Options include but not limited to:</p> <ul style="list-style-type: none"> • discussion of a relevant professional scenario (agreed in advance from a selection available). The group will reflect upon the range of the reactions and behaviours collectively identified to develop our understanding of growth and survival mindset traits (online or in-person). • as a group (online) or in pairs (in-person) participants will explore the growth and survival mindsets further by sharing and discussing their experiences of being in or experience of others in growth and survival. • as a group (online) or in pairs (in-person) participants will be given a selection of emotion cards to place sort and discuss according to whether they are considered positive or negative, high energy or low energy emotions. • as a group (online) or in pairs (in-person) participants will be asked to share and discuss what they did and how they felt during the last 7-days.

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	To conclude all workshops, participants will reflect upon what they have learnt before being introduced to some simple practices they can use to enhance their ability to operate more consistently from a mindset of growth.
Learning outcomes	<p>By the end of this session participants will:</p> <ul style="list-style-type: none"> • understand how growth and survival mindsets differ; • have experienced how mindset impacts how we show up to others; • be better able to recognise and reflect upon when they or others working around them are operating from a mindset of growth or survival; • have gained an insight into how mindset awareness training might benefit them, their organisation and/or their team.
Session provider	Responsible Research in Practice
Session tutor	Dr Nikki Osborne (Licensed Mindset Practitioner)
Max no. of attendees	20
Specifications	This workshop can be tailored to specific organisational, interest group, team, or discipline specific requirements.
Cost	<p>Responsible Research in Practice has pledged to provide 24 FREE Mindset Awareness Workshops during 2024 (for terms and conditions see note section below).</p> <p>Additional Mindset Awareness Workshops are available to book for a fee. Please contact us via email to discuss your requirements.</p>
Notes	<p>For more information, or to book a workshop email: admin@responsibleresearchinpractice.co.uk</p> <p>FREE Mindset Awareness Workshop offer limited to 1 FREE workshop per organisation and available on a first come first served basis.</p> <p>FREE Mindset Awareness Workshops delivered in-person are subject to the reimbursement of travel expenses (to be agreed in advance).</p> <p>Dr Nikki Osborne also offers 1:1 coaching and is licensed to deliver 2 award winning mindset training programmes – Mindset to Growth & Enabling Your Growth Climate. Contact us for further information.</p>