

**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:**

<b>Title</b>	Let’s talk about mindset
<b>Who is it for?</b>	This workshop can be run for individuals, or members of a team
<b>Duration</b>	This experiential workshop requires a total of 1-1.5 hours.
<b>Format</b>	This workshop can be run online or in-person.
<b>Overall Purpose</b>	<ol style="list-style-type: none"> <li>1. To raise awareness of how a person’s mindset can influence their responses, behaviours and habits, and those of other working around them.</li> <li>2. To give participants a taster of what mindset awareness training can offer and the insights that mindset awareness can provide.</li> </ol>
<b>Key content</b>	<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"> <li>• 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).</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> </ul>

	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.
<b>Learning outcomes</b>	<p>By the end of this session participants will:</p> <ul style="list-style-type: none"> <li>• understand how growth and survival mindsets differ;</li> <li>• have experienced how mindset impacts how we show up to others;</li> <li>• be better able to recognise and reflect upon when they or others working around them are operating from a mindset of growth or survival;</li> <li>• have gained an insight into how mindset awareness training might benefit them, their organisation and/or their team.</li> </ul>
<b>Session provider</b>	Responsible Research in Practice
<b>Session tutor</b>	Dr Nikki Osborne (Licensed Mindset Practitioner)
<b>Max no. of attendees</b>	20
<b>Specifications</b>	This workshop can be tailored to specific organisational, interest group, team, or discipline specific requirements.
<b>Cost</b>	<p>Responsible Research in Practice has pledged to provide <b>24 FREE Mindset Awareness Workshops</b> 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>
<b>Notes</b>	<p>For more information, or to book a workshop email: <a href="mailto:admin@responsibleresearchinpractice.co.uk">admin@responsibleresearchinpractice.co.uk</a></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 &amp; Enabling Your Growth Climate. Contact us for further information.</p>