

Mindset and resilience: cultivating a positive, growth-orientated mindset

Objective of this series of webinars:

“To understand the specific challenge for apprentices, and how to best support them to continue to thrive”

“Your experience of life is determined not by what happens to you, but how you respond to it”

“Resilience is your ability to bounce back and grow positively as a result of stress, adversity and set backs”

“Growth mindset is the belief that you can develop your ability in anything, through consistent application of effort”

RESILIENCE

Stress + Recovery = Resilience

6 pillars of resilience

1. Internal sense of control
2. Growth mindset
3. Emotion regulation
4. Positive emotions
5. Connection with people
6. Connection with nature

MINDSET

Journalling to help develop greater sense of self-awareness and listen into thoughts

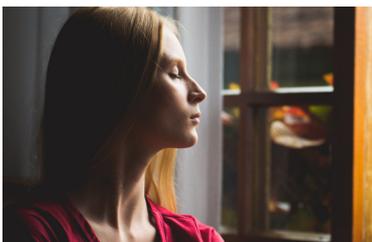
Common Thinking Traps

1. Catastrophising
2. Mind Reading
3. Black & White thinking
4. Labelling
5. Should
6. Filtering
7. Fortune Telling



FURTHER READING: Combatting thinking traps with George Anderson:
<https://balance.media/combattng-negative-thinking-traps-with-george-anderson>

Upcoming webinar series:



1. Stress Management - Tuesday 7th April, 12:00

Practical strategies for recognising stress and overwhelm in ourselves and others, and how to effectively manage it

2. Physical Wellbeing - Thursday 9th April, 12:00

Simple advice to share with your apprentices for how to take care of themselves physically

For more information about how we can support your apprentices directly through our series of online training programs and webinars, please contact mike@genhealthyminds.co.uk