

# Learning at Work Week

A Campaign for Learning Event

## Welcome and introductions

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- Teacher
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Mindful coach
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## **Today's intentions:**

Unlock your learning power and embrace a growth mindset during Learning at Work Week! Embrace challenges as opportunities for growth, persist in the face of setbacks, and believe in your ability to develop new skills. With a growth mindset, every obstacle becomes a stepping stone to success. Let's cultivate a culture of continuous learning and innovation together in this one hour workshop!

## **You will:**

- Learn about the brain, chemicals, and hormones and how this contributes to your daily stress levels
- Learn ways to embed mindfulness and growth mindset into your every day to regulate emotions
- Make small changes that have a huge impact and allow you to step into your learning power



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## Let's talk brains.....

True or False

Using your reactions:

- Thumbs up for **True**
- Heart for **False**



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True or False: The brain is fixed and unchangeable.

False. The brain has neuroplasticity, meaning it can reorganise itself by forming new neural connections throughout life, allowing for growth and development.



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True or False: Intelligence is solely determined by genetics.

False. While genetics play a role, intelligence is also influenced by environmental factors, experiences, learning, and effort. With dedication and practice, anyone can enhance their cognitive abilities.



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True or False: Making mistakes damages the brain irreversibly.

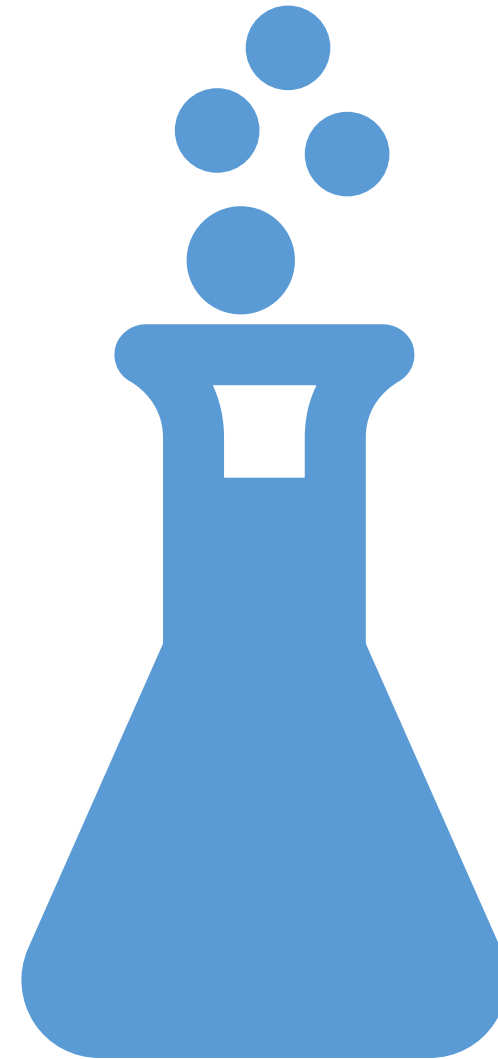
False. Mistakes are opportunities for learning and growth. When we make mistakes, our brain forms new neural pathways as it adjusts and learns from the experience. Embracing mistakes fosters resilience and improvement, supporting a growth mindset.

# The brain - definitions





Hormones and  
Chemicals  
Why is it  
important to hack  
our happiness  
chemicals?





## Dopamine

Motivates us to take action and achieve our goals!

- Make to do lists
- Create a vision board
- Create something
- Listen to music
- Meditate
- Move



## Oxytocin

Helps us form relationships with others.

- Listen to music
- Spend time with people you like
- Do something nice for someone
- Praise someone else



## Serotonin

Balances our mood and helps to keep our emotions in check.

- Environment – photos of people you love, positive quotes
- 15-20 mins outside
- Visualise a happy moment
- Protein



## **Endorphins**

Helps us to manage stress or anxiety.

- Play a team game
- Go for a walk
- Random act of kindness
- Get some fresh air (preferably in the sun!)

# A daily tool

Sleep

Movement

Inhale/exhale

Love and connection

Eat to nourish

Credit to Dr Laura Vater.



# Growth mindset

Growth Mindset: Belief that abilities and intelligence can be developed through dedication and hard work.

Carol Dweck's research: Distinguishing between fixed mindset (belief in innate abilities) and growth mindset (belief in potential for growth).

## **How do you typically respond to challenges?**

- Option 1: I avoid challenges because I'm afraid of failure.
- Option 2: I see challenges as opportunities for growth and learning.



## Practical

Reflect on a recent challenge or setback you've faced, whether professional or personal.

Write down three statements:

- A statement reflecting a fixed mindset perspective (e.g., "I'm not good at math's").
- A statement reflecting a growth mindset perspective using "yet" (e.g., "I'm not good at math's yet").
- A statement reflecting an action plan or steps you can take to overcome the challenge (e.g., "I will practice regularly and seek help when needed").

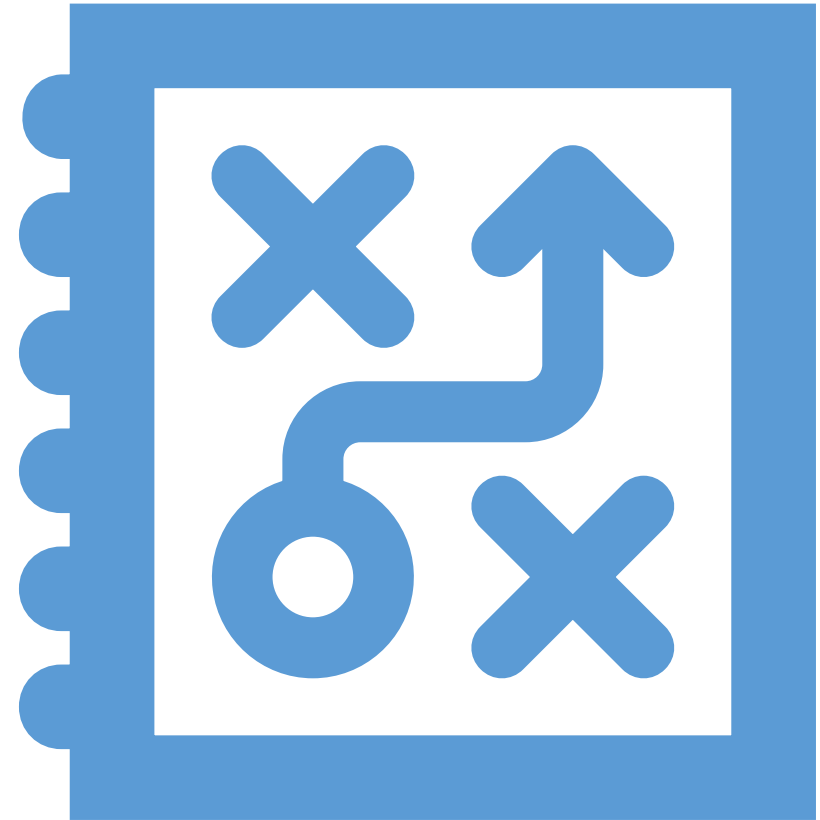




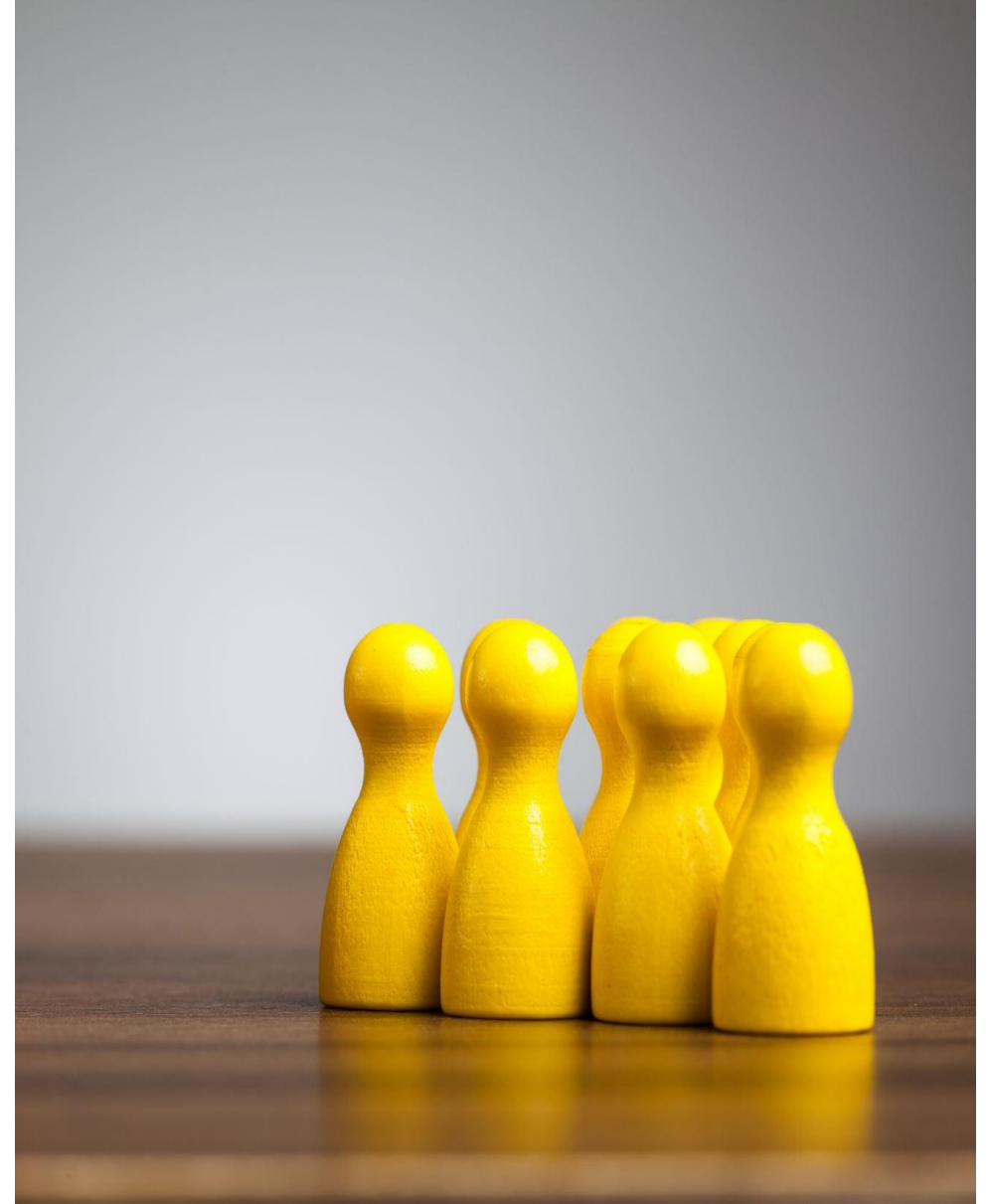
## A growth mindset strategy

- Accept flaws and mistakes as opportunities for improvement
- Recognise setbacks as part of a learning process
- See intelligence as something that can be developed
- Embrace challenges and even probable failure
- Open to feedback

A challenge  
for the week  
ahead



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- Identify a Goal
  - Shift Your Mindset
  - Set Mini-Goals
  - Take Action
  - Embrace Challenges
  - Reflect and Adapt
  - Share Your Journey
  - Celebrate Growth



## Further reading

Mindset: The New Psychology of Success by Carol S. Dweck

Grit: The Power of Passion and Perseverance by Angela Duckworth

Drive: The Surprising Truth About What Motivates Us" by Daniel H. Pink

The Growth Mindset Coach: A Teacher's Month-by-Month Handbook for Empowering Students to Achieve by Annie Brock and Heather Hundley

Mindset at Work: How to Develop the Mindset to Achieve Success and Build Resilience at Work by Sarah Lewis

The Culture Code: The Secrets of Highly Successful Groups by Daniel Coyle

Thank you for joining us!