

Cultivating a Growth Mindset in Building Resilience

24 - 25 June 2024

Introduction

In this workshop, we will examine the differences in a growth and fixed mindset developed by Carol Dweck and its relationship to developing resilience. There will be opportunities to share and explore common practices and attitudes in resilience work, such that we can foster and nurture growth and success with clients and ourselves.

Course Objectives

This course aims to enable participants to:

- Explore current thinking on resilience and growth mindset
- Examine our thinking and beliefs associated with growth and change
- Cultivate a mindset that facilitates resilience
- Develop skills and strategies for our personal growth and that of our clients

Course Outline

Day 1

- Welcome and Introductions
- Personal best hopes from this workshop
- Share personal examples and stories of resilience
- Review current research and thinking on resilience and Growth Mindset - Carol Dweck
- Myths and Common thinking associated with mistakes and failures
- Social contexts and its impact on attitudes and perceptions
- Summary and takeaways

Day 2

- Cultivating strategies for resilience training
- Personal Examples
- Examples from Resilience Training, Carol Dweck and Solution Focused Practice
- Integration and practical applications
- Practice - developing conversations with clients
- Practice - self-coaching for resilience
- Summary and takeaways

Quick Links

[FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

Course Details

| | |
|-----------------|--|
| Date | : 24 – 25 June 2024 |
| Duration | : 6 hours |
| Time | : 9.30am to 12.30pm |
| Class size | : 30 participants |
| Device required | : Laptop/ Desktop (with microphone, speaker and webcam) |
| Platform | : Zoom Cloud Meetings (Meeting details will be provided at a later date.) |
| Fee | : S\$ 520 (SingHealth) S\$ 580 (Regular) (inclusive of prevailing rate of GST) |

Target Audience

Healthcare professionals

Teaching Faculty



Debbie Hogan
BS, MS, CSFT, MCC
Psychotherapist, Coach & Trainer
Singapore, USA

Debbie has over 25 years of experience in the mental health field and is currently in private practice. She specialises in Solution Focused Brief Therapy (SFBT) and was trained by the developers, Insoo Kim Berg and Steve de Shazer. Debbie runs professional certification programmes in SFBT and Solution Focused Coaching and has trained practitioners all around Asia. She is a Registered Clinical Supervisor and Master Clinical Member with Singapore Association for Counselling.

Registration

To register, scan the following QR code or click on the web link. Registration closes on **7 June 2024, Friday (Extended to 17 June 2024, Monday)**:



<https://form.gov.sg/65a9dfcf4c2f3e0012a810b2>

Upon registration, you agree to [Terms & Conditions](#) of PGAHI.