

# Cultivating a Growth Mindset in Building Resilience

## 28 - 29 Aug 2023

### 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 & Directory](#)

### Course Details

Date	: 28 - 29 August 2023
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\$ 470 (SingHealth) S\$ 520 (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 **18 August 2023 (Deadline Extended)**:



<https://form.gov.sg/644b7481130f02001165aa27>

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