Growth and confident Mindset Workshop / Talk

Premise:

* Using my personal experience and understanding of pushing yourself out of your comfort zone to provoke thought and growth mind-set

Key points:

* Get comfortable being uncomfortable – if it doesn’t challenge us, it doesn’t change us
* Taking the path of least resistance develops resilience
* Accountability – take account of your situation and what you can and cannot influence
* Surround yourself with good influences – your inner-circle should elevate you
* When you are close to quitting, ask yourself ‘what if?’ – what if I don’t quit, what if I complete this course, what if I can prove to myself I can achieve this goal

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| Quote/Phrase | Additional Points / Questions | My experience / examples |
| **Get Comfortable Being Uncomfortable** | If you can regularly push yourself out of your comfort zone, you will see your mind adapts to the unknown. Dialogue in these times may be unfamiliar to you as it may be new territory, but this will over time develop your mind. | Presenting, coaching, public speaking, playing football at the level I do, progressing to Southern League cricket, starting swimming to compete in triathlons |
| **Taking the path of least resistance** | When you have the option to quit and take the path of least resistance, you are limiting your growth in resilience.  | Countless times of being faced with barriers to performing in sport. Weather, equipment, accessibilityI never thought I would go to university and wasn’t achieving anywhere near my potential at school. I got a first in my degree and Merit at Masters level, before getting my job. |
| **Take account of what you can and cannot influence** | Have accountability for factors you can have direct influence on (work ethic, your time, sleep, learning).Don’t spend time worrying about things you cannot influence (government, weather, background, opinions) | Managing my time around residentials to continue training |
| **Surround yourself with good people** | Your inner circle has the ability to elevate your aspirations and life in general. If your inner-circle is not pushing you to achieve, consider the people around you. They need to understand you and your goals. | We have created a coaching team at Wicketz who share the same passion as I and its players. Creating a positive environment is important |
| **Your mind is your strongest weapon** | Don’t allow set-backs and tough times strip you of a growth mindset | My body was telling me to stop before finishing my triathlon, but asking ‘what if?’ and continuing, my body found energy and I finished the run with faster splits than I started it.  |

Questions for each group:

* Discuss what you think this means?
* Why would this be good for you?
* How can you apply this in your everyday life?

Closing messages

I almost didn’t sign-up to my triathlon because of the fear of failure and the unknown, but I have now opened up a brand new passion in my life. Don’t limit yourselves to what is comfortable.