

Course:	Growth Mindset - Coaches Workshop
Course Type:	CPD for Coaches
Course Fee:	Free to Scottish Rowing Members/£25 non SR Member
Date:	26 th November 2017
Venue:	National Hockey Centre, Glasgow Green, Saltmarket, Glasgow, G1 5DB
Start Time:	7:30pm
Finish Time:	9pm
Workshop duration:	1.5 Hours
Workshop focus:	Coaches at all Levels
Number of candidates	40

Course Description With outcomes

This workshop aims to ensure that coaches in sport develop a deep understanding of mindset theory and have practical tools to use with their athletes in order to develop a growth mindset. The workshop is essentially a training course and which will provide resources for use with coaches and athletes, links to videos and ideas for further reading.

The workshop will give you a deep understanding of mindset; you will be supported to understand your own mindsets, change behaviours and attitudes where you want to, and so increase your chances of achieving your goals; it will guide you in a way that you could introduce this work to others; and through practical examples, it will give you a clear understanding of how you can apply growth mindset in your own professional contexts in order to help those with whom you work.

Booking for this workshop is to be made through the Scottish Rowing membership system. Places are free for Scottish Rowing licence holders. [Click here to go directly to the course booking page.](#)