

Mindset in Social Care

the story so far

" I work with a [young] person who was unable to communicate without becoming hostile and swearing, I demonstrated through my own practice using growth mindset that you don't have to be perfect, I now see their language and attitude improve and I am having the opportunity to celebrate these small changes."

Can see the power of language we use and its long-lasting effects

Noticing young people feeling more at ease with new challenges

Colleagues starting to see how it can help practice and working conditions

**"The workforce must be supported to be present and emotionally available to the children in their care."
(The Promise)**



92% of learners endorse the relevance of growth mindset in Social Care in their work with children and young people.

Growth mindset is so important in the social care sector as it is a key part of our role to encourage these young people to believe in themselves and know that they can achieve anything they put their mind to with the right support.

How 'Mindset in Social Care' is helping to #KeepThePromise

- Supports positive relationships
- Aligns with strengths-based approach
- Enables reflective practice
- Challenges the use of deficit language
- Encourages high expectations and belief in potential for all

BARRIERS FACED

Difficult to prioritise such professional development

Competing demands and lack of protected time

Fixed mindsets of others - colleagues, other staff and families

Results can take time - can be hard to stay consistent

There's lots of research showing that kids are really influenced by our expectations of them, so having a growth mindset about talent and ability should encourage us to raise those expectations.