



St. Brigid's Girls School
The Park Cabinteely



PARENT TALK

Braver Than You Believe: Nurturing Self-Belief & Growth Mindset in Children

with

FIONA FORMAN

M. Sc. Applied Positive Psychology

Monday 12th January

7.30pm – 8.45pm

‘Promise me you’ll always remember, you’re braver than you believe,
stronger than you seem, smarter than you think,
and loved more than you know.’

A. A. Milne

Having a sense of self-belief plays a powerful role in the development of resilience and well-being in our children. It is also vital in helping them to deal with obstacles and difficulties, and grow towards their potential.

As parents, there are many ways to nurture our children’s self-belief, including developing a Growth Mindset (*Dweck, 2012*). Growth Mindset is the understanding that our talents and abilities are not fixed, but that they can be developed through effort, practice, and persistence.

This talk will explore self-belief and Growth Mindset and show how they are linked, as well as providing practical suggestions for nurturing them in our children.