

The background of the slide features a dark blue gradient. In the upper half, there are silhouettes of two people jumping or running with their arms raised in a celebratory gesture. The text 'Growth Mindset' is overlaid on this image in a large, white, serif font.

Growth Mindset

FEBRUARY 8, 2023

HEALTH MANAGEMENT ASSOCIATES

Introductions



Deborah Rose



Megan Beers



Courtney Thompson

Public meeting notice

- Please note this meeting is open to the public and being recorded.
- Anything said during this meeting may be part of the Public Record.
- We will not be discussing the RFP, please direct questions to HCPF.

Agenda & overview

- Introductions, Recording & Zoom Guidelines (5 min)
- Polls (2 min)
- Growth Mindset (20 min)
- Group Breakout (10 min)
- Group Reports & Discussion (10 min)



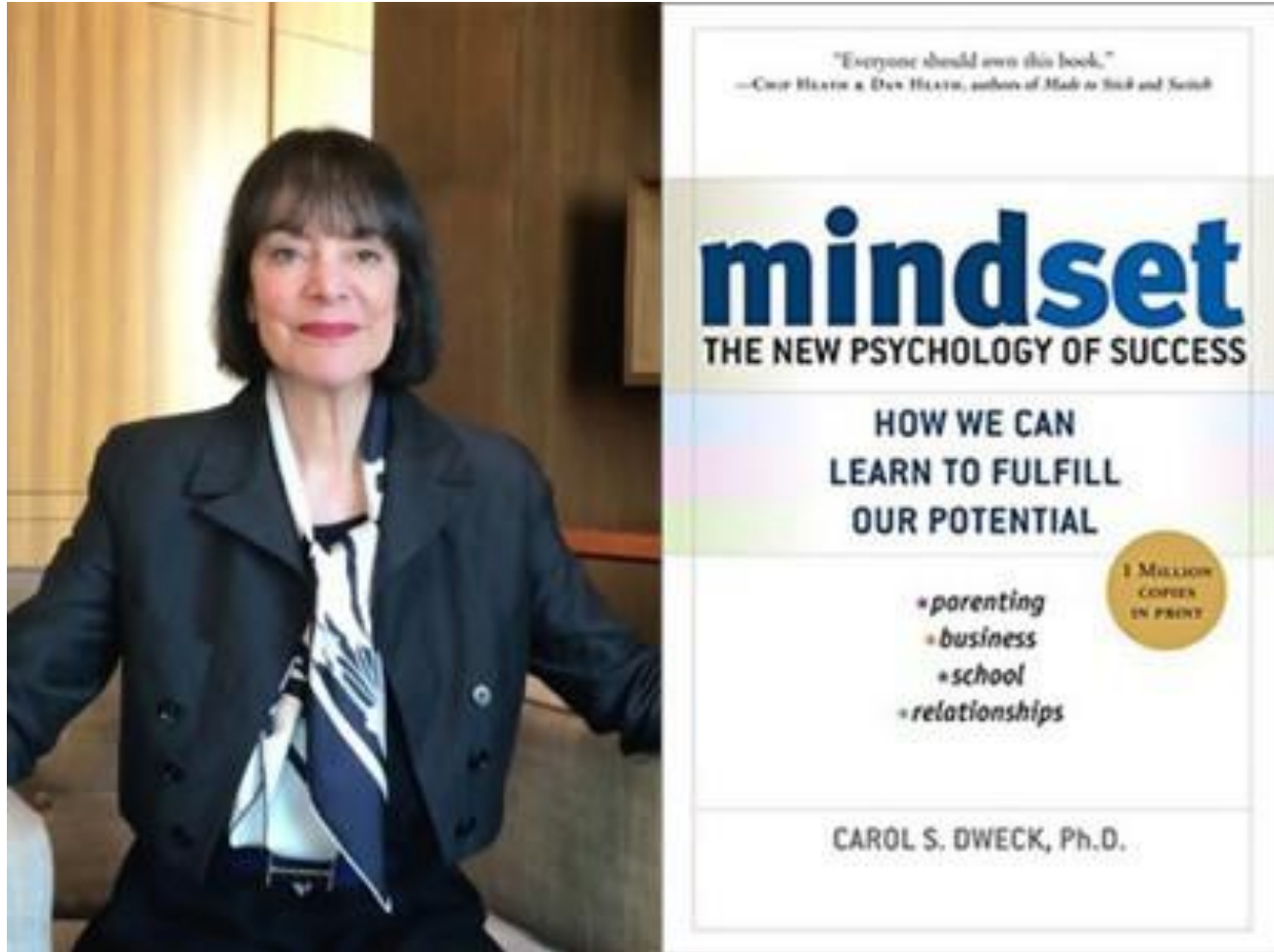
POLL: Who is here today?





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What is growth mindset?

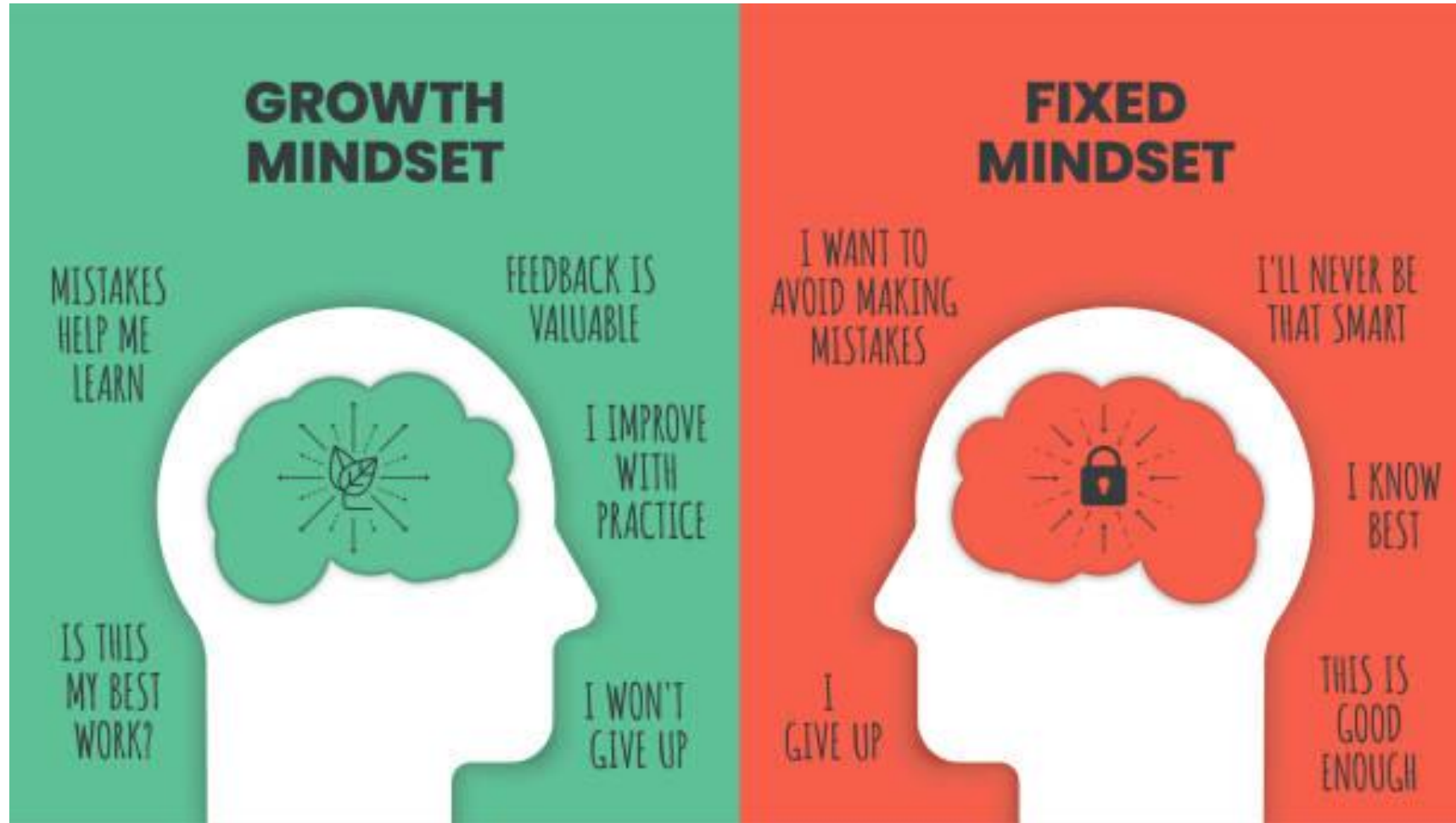


- The Power of Mindset
- Growth Mindset
- Fixed Mindset

“Research shows that mindsets play a significant role in determining life’s outcomes. By understanding, adapting, and shifting your mindset, you can improve your health, decrease your stress and become more resilient to life’s challenges”

- Carol Dweck

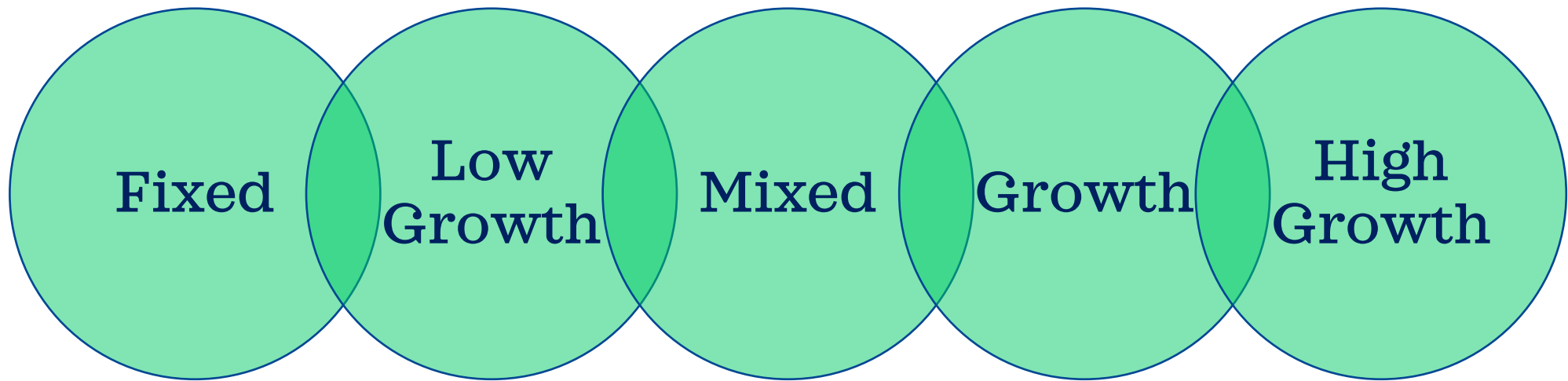
Growth VS fixed mindset



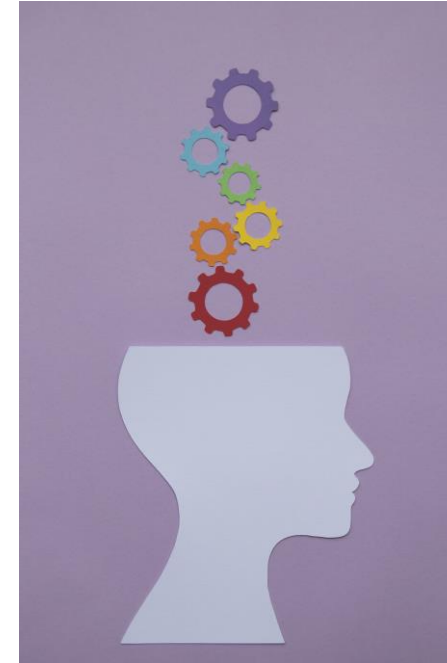
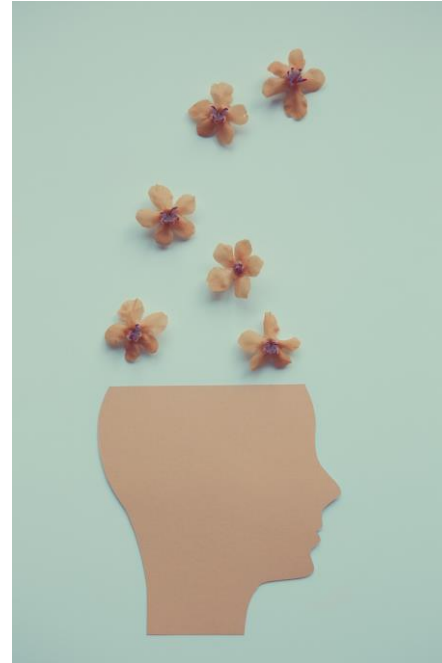


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The mindset continuum



Continuum in practice



Why is a growth mindset important?

- Eliminates 'being stuck'
- Opens new experiences
- Develops new skills
- See various perspectives
- Supports resiliency
- Embraces differences
- Reduces bias and stigma
- Drives person centeredness
- Seek quality





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How do we develop a growth mindset?

“Believe in your ability to figure things out”



- Embrace the word “yet”

Embrace and practice challenge

- Encourage engagement with challenges
- View challenges as opportunities
- Normalize struggles
- Appreciate the value of hard tasks to the brain



Aim high and adapt



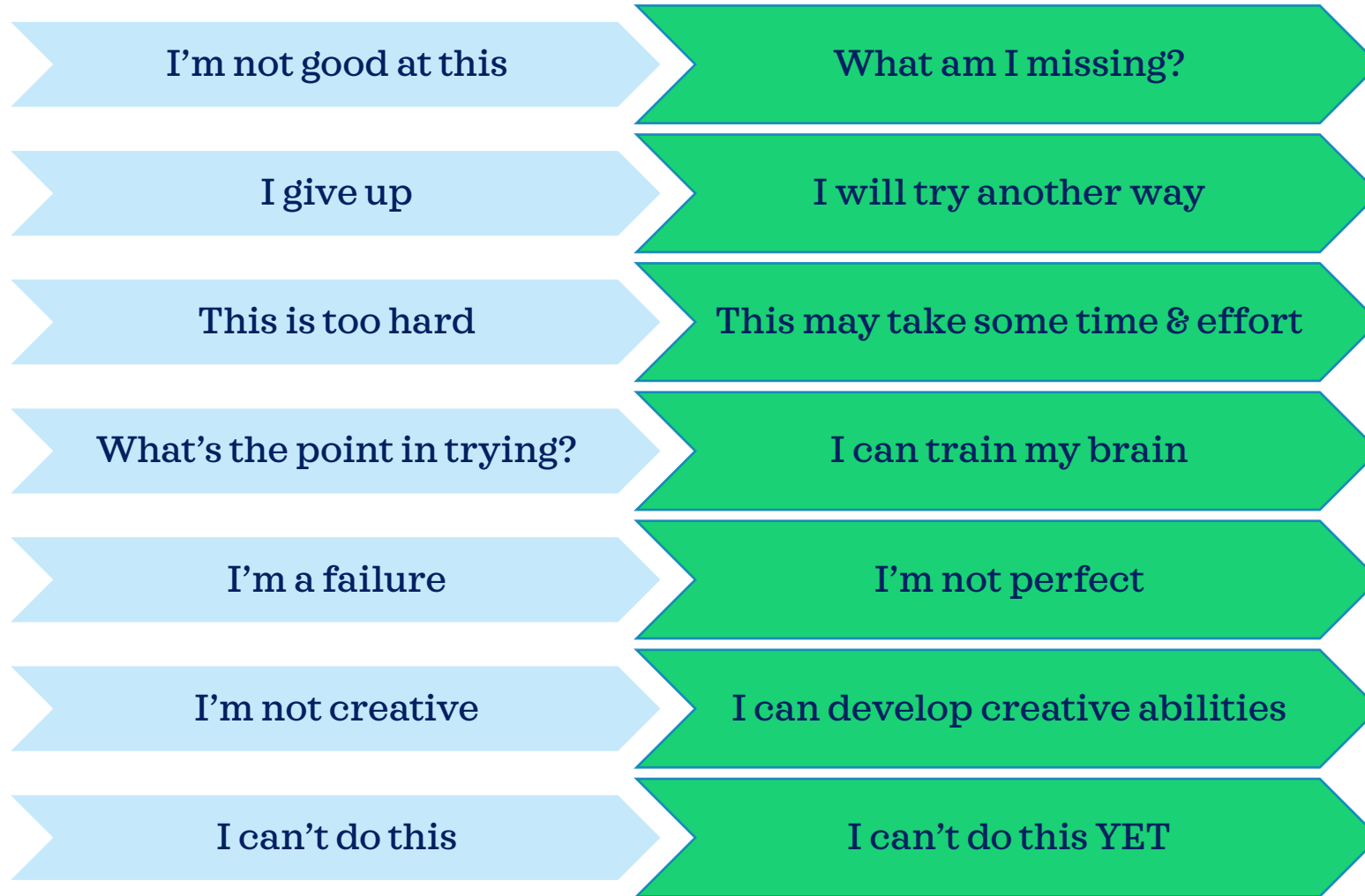
- Set goals
- Experiment with learning methods and strategies

Celebrate and share progress

- Communicate about your growth mindset
- Celebrate growth
- Accept mistakes and allow for corrections
- Value process over result



Developing growth mindset through thoughts



Group breakout



TRAVEL

CCCCCCC

Try $\frac{\text{stand}}{2}$

FAST

OVER

M1Y L111F1E

Get it
Get it
Get it
Get it

UP	UP	DOWN	DOWN
UP	UP	UP	UP
UP	UP	DOWN	DOWN
UP	UP	UP	UP
DOWN	UP	UP	DOWN

Like There Is Yesterday
Like There Is Today
Like There Is

COME TABLE
 TABLE
 TABLE
 TABLE

ABCDEFGHIJKLM
NOPQRSTUVWXYZ

SPIBRED

**OVER
OVER**

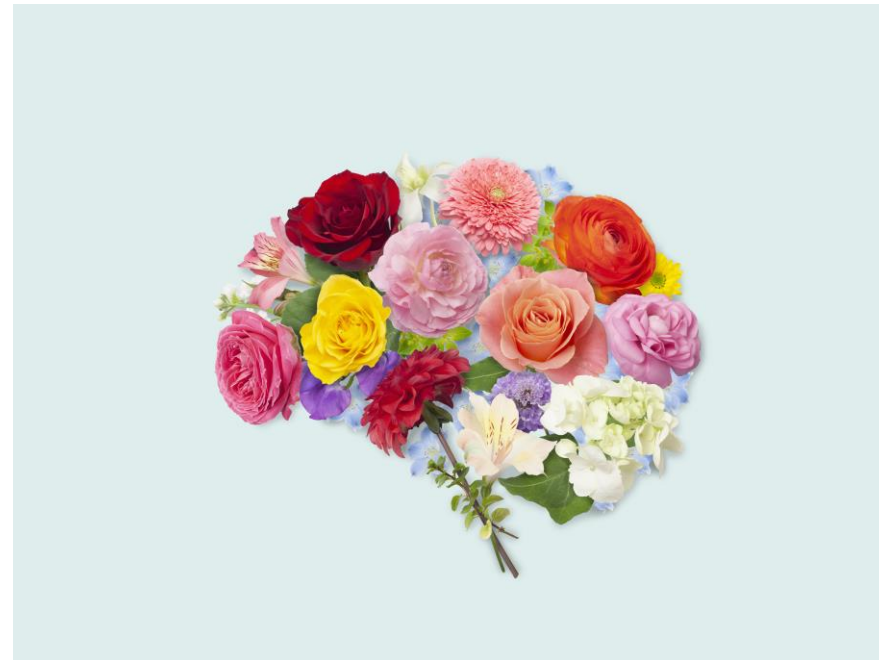
Group breakout discussion



Upcoming learning collaborative

Elevating Supervision to Promote
Quality and Joy in Work

March 7, 2023



Contacts

Please contact us if you have additional questions, suggestions, or ideas.

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Resources

- Mindset: The New Psychology of Success by Carol S. Dweck, Ph. D.
- <https://soeonline.american.edu/blog/growth-mindset-in-the-classroom/>
- www.rebuses.co
- <https://eslvault.com/free-printable-rebus-puzzles/>
- Intelligentchange.com
- <https://www.futurelearn.com/info/blog/general/develop-growth-mindset>
- <https://myonlinetherapy.com/how-to-develop-a-growth-mindset/>
- <https://www.intelligentchange.com/blogs/read/what-is-growth-mindset-and-how-to-achieve-it>
- <https://www.jamesanderson.com.au/the-mindset-continuum-book#:~:text=The%20Mindset%20Continuum%20resets%20our,teaching%20for%20a%20Growth%20Mindset.>

Rebus answers

1. Travel overseas
2. Try to understand
3. Breakfast
4. Bend Over
5. For once in my life
6. Forget it
7. Life is full of ups and downs
8. Like there is no tomorrow
9. Comfortable
10. Missing you
11. Be inspired
12. Leftovers

Please offer your feedback:

<https://www.surveymonkey.com/r/GenARPA>





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