

Teachers' Workshop on Crafting Happiness and Cultivating Growth Mindset

Organizer - Modern Institute for Education

Venue: The Modern School, Faridabad

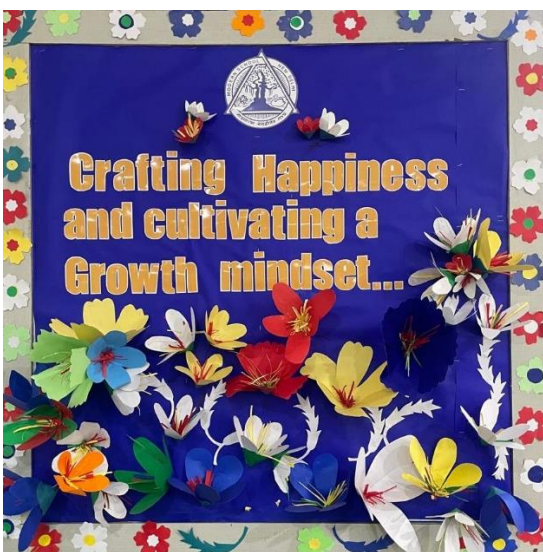
Report of the Session

Background and Need: The current constantly changing educational scenario, cutthroat competition, and pressure to perform have taken a toll on both teachers' and students' psychological state of mind. Therefore, mental well-being and personal development are considered equally important to academic excellence. Research has proved that academic excellence along with overall personality development and a healthy mind thrive in a positive, conducive environment. In school, the teachers are the ones who are responsible for creating such an environment.

Hence, teachers must be equipped with meaningful methods and tools to promote emotional well-being and resilience among students, the precursor to being happy and cultivating a growth mindset. Growth mindset, according to Dweck, (2015) is “In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.”

In this background, The Modern School, Faridabad, reached out to MIE to conduct a workshop on Growth Mindset and Happiness. The workshop helped teachers to gain knowledge about, exchange opinions on, and learn to implement effective strategies, which will help them to develop students' minds while caring about their hearts thereby leading to a very helpful education environment.

Date	22.05.2024
Time	12:15 to 3:30
No.of Participants	53 (49 teachers and 4 admin staff)
Facilitator	Ms. Pratima Mittal, Education Consultant
Venue	The Modern School, Faridabad



The workshop began with a welcome and introductory session by Mr. Abhishek, who introduced Ms. Pratima Mittal, an Education Consultant, who has more than two decades of experience working in India and the Middle East & North Africa (MENA) region. She is an official representative for several top-ranked

universities worldwide and has received training from them to provide the right guidance and ensure a perfect fit.



He then handed over the baton to Ms Pratima Mittal to begin the workshop. She expressed her gratitude to the participants and organizers and promised that the workshop was going to be quite interactive and helpful for personal and mental well-being. The first question she tossed at the audience was about their expectations from the workshop. As the name suggests all of them responded that it is about happiness, how to be happy, and cultivating a positive mindset. She proceeded further and discussed why people are unhappy in general and in the school community in particular. Maybe it is salary, work-life balance, expectations from students and parents, etc. However, we can't change the extrinsic factors like expectations from others but what we can change is our expectations, our beliefs, our attitude, and our perspective towards life. The pivot of the session was 'Y-O-U: YOUR OWN UNFOLDING': Knowing oneself, realizing potential, and working hard to achieve it, leads to happiness and it is the happy person who can create a happy joyful environment for students to feel important, and to try to succeed in their various academic and personal endeavours.

The crux of the workshop was making participant realise that the path to realizing one's potential is full of hurdles, and challenges, and only with a **growth mindset** one can overcome them.

The highlight of the workshop was the video clips that were truly inspiring and provided a different perspective to perceive one's life journey. The most important thing about the workshop was that it was all data and research-driven. The whole workshop discussion was peppered with research evidence and data and therefore it was quite authentic and specific.



The feedback received from the workshop shows that teachers are quite appreciative of the workshop and have learned some excellent tools to use in their classrooms. The participants are also appreciative of the Post-it activities conducted to gauge how teachers perceive themselves and what advice they will give to their 19-year-old self. The feedback form has a specific question on the activities that the participants enjoyed during the workshop. The responses received till the writing of this report have mentioned the videos shown during the workshop. One of the respondents mentioned the activity of writing goals every day. Another respondent highlighted the activity about upgrading your skills and believing in your potential was quite intriguing. Also, the point that how important it is to embrace the challenges and failures learn from them, and have a growth mindset.



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