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Think it

Enablers notes



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Developing a healthy mindset

Why this session is important

To help your group or individual to:

- Explore how a positive mindset can help build resilience and enable them to be resourceful in getting closer to their aspirations
- Explore what support a role model could offer and identify what kind of role model would help raise aspirations during the iCan process
- Reflect on their learning and set a small action to work on

What you will need

- Copies of the Think It Activity for each individual(s)
- Think It Resources
- Newspapers, Facebook/twitter feeds
- Paper/pens
- If working with a group then split the group into teams of 4-5 people
- 30 minutes dependent on time availability

How to do it

Introduce this session by asking individuals to think about role models – people who have made a difference, people who they believe to be successful and people who they really aspire to be like. They may be famous or ordinary members of their families/communities who inspire them. You may wish to use newspapers/Twitter and Facebook feeds to stimulate some of the discussions. Share who your own role models are as an example too.

Encourage the individual or group to discuss:

- What they think have been the things that have shaped the role models they have thought of to become the people they are?
- What positive thoughts/actions do they think these role models have used to overcome challenging events?
- What words of advice would their role models give?

You can also refer to the **iCan Phrases** (Resources) at the end of this section which provide a cross section of issues that previous iCan participants have encountered and overcome. Get the group to pick one or two of these that they feel have a particular connection with them – discuss which ones and why?

Talk about the importance of a positive mindset and how the way we think about ourselves will have dramatic effects on our future. Explain the concept of life dishing up various things for us all every day. Some things are not in our control, others are. Some things are really positive, some things more challenging. Some we choose others we have given to us whether we like them or not.

You can use the **Plate Images** (Resources) included in the activity or print and laminate the **A4 Individual Plates** (Resources) to ask:

- Which two or three plates have played a significant part in your life up to this point - Monday/Tuesday of the Week of your Life (Ref: Welcome Section) and in what way have they played a part?
- Which two or three plates are particularly relevant to you now and how are you responding to these at the moment?
- Which two or three plates do you think will be important over the next few years? Time intervals could be the next 6 months, 2yrs or when they are on Wednesday lunchtime of the week of their lives (30 years old)

Discuss here the impact of life events and EAT. It is not the event (E) that determines what happens next in our lives, but rather it is the way in which we act (A) and think (T) about the event that determines this. Provide an example e.g. job loss – one person loses confidence and worries about how they will find another job. Another person asks people they know about roles, updates their CV online and sends it out - within a few weeks they are working again. Provide other examples or ask the group for their stories.

Ask what positive thinking habits do they feel they would need to develop to make sure that the plates they have picked for the future actually happen? What do they need to do?

What help do they need from others to make these plates real?

Encourage them to make a note of all the plates they have chosen and the habits they feel they would need to develop in the Think It section of their **iCan Poster** (Welcome Resources). They may also wish to make a note of any of the **iCan Phrases** (Resources) that have a particular connection for them on the poster too.

Agree one action (or way of thinking) they are going to commit to which will help them develop a healthy mindset and again encourage them to make a note of it on their **iCan Poster**.

What other questions to ask/points to make

Be prepared to share some of your story, if it is appropriate. Perhaps identifying plates that have been important/are important to you and what you are doing to try to make these happen.

What have you done to help yourself and what have others done to help you too? Make the point it isn't always about doing it all yourself – getting help along the way is good too.

Consider using the **Common Obstacles**, (Do It Resources) to perhaps identify any barriers that could be an issue in trying to achieve what they want. Open up the discussion about how they could perhaps overcome some of these.

As the session draws to a close discuss:

- What they may have learned, or what has surprised or puzzled them about doing these activities
- Help them to identify one key action they may wish to take as a result of doing these activities