The Power of Mindset: Nurturing Motivation, Hope, and Resilience in Children

Dr. Robert Brooks

Saturday, March 21, 2020, 8am – 3:30pm

BRIEF DESCRIPTION

Today’s children face a multitude of pressures. Central to growing up successfully is learning to manage stress, confront challenges, and thrive in the face of adversity. Resilience—the ability to cope with and overcome life’s difficulties—is a quality that can potentially be nurtured in all children and teens. Resilience involves such important attributes as self-discipline, effective problem solving, caring, motivation, and hope. Join us for a day with Dr. Robert Brooks as he describes realistic strategies for developing these attributes in both the home and school setting. Teachers, parents, and other caregivers will learn actions they can initiate to reinforce a resilient mindset and behaviors in youth, especially those who are burdened with a negative mindset and self-defeating ways of coping. Many examples will be used to illustrate the application of effective strategies.

Participants will be able to:

• Learn different theories of mindset
• Learn theories of mindset related to positive emotions and learning
• Learn the characteristics of the negative mindset of many children who struggle with learning
• Learn the characteristics of the mindset used by “charismatic adults”
• Learn a strength-based approach for nurturing a resilient mindset, motivation, self-discipline, learning, hope and resilience in children

ABOUT THE SPEAKER

Dr. Robert Brooks has lectured nationally and internationally to audiences of parents, educators, mental health professionals, and business people on topics pertaining to motivation, resilience, family relationships, the qualities of effective leaders and executives, and balancing our personal and professional lives. He has also written extensively about these topics. He is the author or co-author of 17 books including: Play Therapy Interventions to Enhance Resilience; The Self-Esteem Teacher; Raising Resilient Children; Raising a Self-Disciplined Child; Handbook of Resilience in Children; Seven Steps to Help Your Child Worry Less; Understanding and Managing Children’s Classroom Behavior: Creating Sustainable, Resilient Classrooms; and A Pediatric Approach to Learning Disorders. Dr. Brooks received his doctorate in clinical psychology from Clark University and did additional training at the University of Colorado Medical School. He is on the faculty of Harvard Medical School and has served as Director of the Department of Psychology at McLean Hospital. Among his many honors and recognitions, Dr. Brooks recently received the 2018 Mental Health Humanitarian Award from William James College, Newton, MA, for his work as a clinician, educator, and author.

AGENDA

8:00 - 8:30 am Preparing for the Workshop: Memories of our own School Years

8:30 - 10:15 am
• Theories of Mindset
• Positive Emotions and Learning
• Resilience: The Impact of a "Charismatic Adult"

10:15 - 10:30 am To Consider what we Learned from the Charismatic Adults in our Lives

10:30 - 11:45 am
• The Mindset and Strategies of Charismatic Adults
• To Question the Belief that Children are "Lazy" or "Unmotivated"
• The Importance of Empathy

11:45 am - 12:30 pm Exercises to Nurture Empathy: The Importance of Intentionality

12:30 - 1:45 pm
• The Impact of Empathic Communication
• The Negative Mindset of Many Students with Learning Struggles

1:45 - 2:00 pm Revealing Stories of Children with Learning Struggles

2:00 - 3:30 pm
• The Characteristics of a Resilient Mindset and Strategies to Nurture that Mindset and Resilient Behaviors in Children
• Final Q&A

For more information, contact Nancy Rhodes Nancy.Rhodes@thesummitschool.org 410-798-0005 x147 www.thesummitschool.org

The 2019-2020 Symposium Series is presented in honor of Zelma Wynn.