

A Growth Mindset:

Why We All Need One (Children, and Parents too!)

Come and learn about “a simple idea that makes all the difference” – that our mindset affects our ability to fulfill our potential – to grow and learn, take risks, bounce back from adversity, and build healthy relationships. This is true for our children and it’s true for us as parents. The workshop is focused on the ideas in *Mindset: The New Psychology of Success* by Carol Dweck. We can incorporate this learning into our busy lives – it can profoundly improve our happiness, joy and our well-being, as well as our potential and that of our children.



As a certified professional coach, I boldly and tenderly support high-achieving women as they create success for themselves, on their terms. On the outside, my clients tend to be very "successful", but inside they may initially be very stressed, full of questions, possibly bored and no longer fulfilled. They are yearning for more. Working with me, my clients are amazed at how quickly they create peace, contentment and joy while achieving at even higher levels than they previously thought possible.

“I thought the approach was perfect. It was hands on “real” and I could really relate.”

Jim Stathopoulos, Principal, Essex Junior and Senior Public School, Toronto

Please call or email Milisa at 416 929 0274 milisa@milisaburns.com to provide further information so we can tailor the workshop to your group. See also Milisa’s blog post for further info: <http://milisaburns.com/2014/01/20/a-growth-mindset-why-we-all-need-one/>