

ANIMAL TRAINING ACADEMY



Dr. Afiya Fredericks

- * 4:30 - The Growth Mindset defined, why it is important and how it impacts and influences both behaviours and outcomes in our lives
- * 8:00 - Ryan and Afiya raise how the context, & individual learning history may support and impact the development of our mindset
- * 9:10 - Afiya shares ideas on where our mindset comes from
- * 11:45 - How success impacts our mindset
- * 15:00 - How praise can influence our mindset
- * 18:00 - How communicating and rewarding a process rather than the product can impact mindset and lead to growth over time
- * 20:19 - Ryan asks about 'Imposter Syndrome' in relation to the growth mindset
- * 21:30 - Afiya discusses how our level of self-awareness can be beneficial for developing a growth mindset
- * 22:15 - Afiya describes some benefits of being open about mistakes and imperfection
- * 23:48 - Afiya shares a personal example of how your mindset can influence others around you and how struggle and challenge is an important part of the learning process
- * 25:54 - Neuro-science & the growth mindset.
- * 28:49 - Afiya talks about engaging in learning zone activities and deliberate practice to improve an aspect or skill
- * 31:40 - Ryans asks about vulnerability, courage and teaching in different contexts with animals or humans
- * 39:20 - Afiya discusses ways to help support others in developing a growth mindset.
- * 41:09 - Growth mindset as a life long process of learning and development
- * 45:57 - The importance of having awareness & reflecting on our own behaviours