

Grit/Growth Mindset Workshop

**Monday, December 10, 2018
at 4:30**

Partners in Thriving offers innovative workshops that teach participants skills which enable them to experience a greater sense of well-being.

Workshops are facilitated by Dr. Susan Wais. Dr. Wais has a Ph.D. in Psychology, a Masters of Applied Positive Psychology and a Masters in Family Therapy.

Learn skills that will enable you to foster in child a growth mindset. Additionally, learn how to bring these skills into your home.

Topics:

1. Grit/Growth Mindset
2. Effective Praise
3. ABCs of Resilience
4. Effective Goal Setting

- 1 hour per session
- interactive

----- **Enrollment Form** -----

Name: _____

Email address(s): _____

Phone number: _____

For questions, please email partnersinthriving@gmail.com