

# I can't do it...YET

A conference on Growth Mindset  
Wednesday 7th November 2018

# can't



**KINGSTON**  
GRAMMAR SCHOOL

FOUNDED 1561



# Introduction

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Children and young people live in a fast-moving world where instant gratification is increasingly seen as the norm. However, a toxic mix of social media, celebrity culture and rampant commercialism can lead to impossible expectations and an unrealistic sense of entitlement.

Of course, the converse effect is that when things do get hard, as they inevitably will, many children will show a lack of resilience or will simply give up. "I can't do it, there's no point." This is an example of a fixed mindset where children believe that being 'good' at a particular activity is something that they cannot control. But what if we can teach children to have a growth mindset instead? Mistakes and setbacks are seen as learning opportunities while success is rightly framed in the context of perseverance and trial and error. Now "I can't do it" becomes "I can't do it... *YET*".

InnerDrive and Kingston Grammar School are delighted to be working in partnership and our national conference is aimed at teachers in both secondary and primary schools. Expert national and international speakers include psychologists and educators as well as Dame Katherine Grainger DBE, Great Britain's most successful Olympian. Key topics will include:

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- **What does growth mindset in schools look like?**
  - **How can schools develop a growth mindset, character and resilience?**
  - **How can teachers help disengaged students with a fixed mindset?**
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We aim for our delegates to leave the day with knowledge and information that they can put into practice as soon as they return to work. We want the event to inform, inspire and offer networking opportunities throughout the day and over lunch.

Book your place now by visiting [www.kgs.org.uk/events/growth-mindset-conference](http://www.kgs.org.uk/events/growth-mindset-conference)

# Programme

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<b>09.00</b>	Registration
<b>09.30</b>	Welcome by Stephen Lehec, Head Master, Kingston Grammar School
<b>09.40</b>	Bradley Busch, Director at InnerDrive: 'Here is what we know about growth mindset'
<b>10.20</b>	Lucy Crehan, Education Consultant: 'What does growth mindset in schools look like around the world?'
<b>11.00</b>	Break
<b>11.20</b>	Dame Katherine Grainger DBE: Keynote speech
<b>11.50</b>	Panel discussion hosted by Edward Watson with Dame Katherine Grainger DBE, Lucy Crehan, Jonnie Noakes & Bradley Busch
<b>12.30</b>	Buffet Lunch
<b>13.30</b>	Breakout Sessions*
<b>14.10</b>	Breakout Sessions*
<b>15.00</b>	Bradley Busch, Director at InnerDrive: 'Growth mindset – future research, challenges and opportunities'
<b>15.15</b>	Close

\* When booking please select which two breakout sessions you would like to attend:

<b>Breakout 1</b>	<b>Edward Watson</b> 'How teachers can help disengaged students with a fixed mindset'
<b>Breakout 2</b>	<b>Chris Hildrew</b> 'Becoming a growth mindset school – one Head Teacher's journey'
<b>Breakout 3</b>	<b>Jessica Schleider</b> 'Growth mindset – a solution to our students' mental health issues?'
<b>Breakout 4</b>	<b>Dr Pippa Busch</b> 'The importance of secure attachments to help develop growth mindset students'

# Keynote Speaker – Dame Katherine Grainger DBE

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Dame Katherine Grainger DBE was born in Glasgow on the 12th November 1975. She is Britain's most decorated female Olympic athlete and the first British woman to win medals at five successive Games.

Katherine graduated in Law from Edinburgh University, then went on to achieve an MPhil in Medical Law and Medical Ethics at Glasgow University, and in May 2013 completed a PhD in the sentencing of homicide at King's College, University of London.

She took up rowing at Edinburgh University in 1993 and made such good progress she was awarded the Eva Bailey Trophy as their most outstanding female athlete in 1996 and again in 1997 when she won her first international gold medal at the U23 World Rowing Championships.

In 2012 Katherine's dreams were realised when she won the elusive Olympic gold medal alongside teammate Anna Watkins in the double sculls in London.

With Olympic silver at Rio 2016 and gold at London 2012 to add to her silver medals from Sydney in 2000, Athens in 2004 and Beijing in 2008, as well as six World Championship titles in her collection, Katherine was appointed Commander of the Order of the British Empire (CBE) for services to rowing in the 2013 New Year's Honours. To round off a most exceptional 20-year rowing career, Katherine was named 'Dame Katherine Grainger' in the 2017 New Year's Honours List for services to rowing and charity.

She now lives by the Thames, near to the GB Rowing Squad base.

# Speakers

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**Bradley Busch** – Director of InnerDrive

Bradley Busch is a chartered psychologist and director of InnerDrive. He is one of the leading experts on how psychological research can best help students and teachers improve how they think, learn and perform. He writes two regular blogs for The Guardian: 'The Science of Learning and Teaching' and 'Lessons From Research'. Outside of education, he works with Premiership and international footballers, and helped members of Team GB win medals at London 2012 and Rio 2016.



**Lucy Crehan** – Author of *Cleverlands*

Lucy Crehan is an education explorer and international education consultant. She has spent time working in schools and living with teachers in six 'top-performing' education systems which was the basis for her book, 'Cleverlands: the secrets behind the success of the world's education superpowers', one of The Economist's 'Books of the Year 2016'. On her return, Lucy wrote a book on teacher career structures for IIEP UNESCO, and spent a year as part of a team advising foreign governments on education reform at Education Development Trust.



**Jessica Schleider** – Researcher at Harvard University

Jessica Schleider, MA is a doctoral candidate in Clinical Psychology at Harvard University. Her research has focused on mindset and mental health in students and has been published in numerous peer-reviewed journals, including the Journal of the American Academy of Child & Adolescent Psychiatry, Clinical Psychology Review, and the Journal of Child Psychology and Psychiatry.

# Speakers

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**Jonnie Noakes** – Head of Teaching at Eton College

Jonnie Noakes is Head of Teaching and Learning at Eton College and directs the Tony Little Centre for Innovation and Research in Learning. Part of the Centre's role is to conduct original, school-based research and it has recently completed a study of the impact of teaching Growth Mindset on the pro-social behaviour of Year 12 students. He is also on the board of BrainCanDo, a charity which conducts research at schools that are part of the Grey Coat Hospital and United Westminster Schools Foundations. He is a trustee of these two foundations, and a governor of state and independent schools.



**Chris Hildrew** – Head Teacher at Churchill Academy

Chris Hildrew is Head Teacher at Churchill Academy & Sixth Form and is passionate about excellence in state education. Upon graduating from Oxford University, Chris taught English before becoming Deputy Head at Chew Valley School. He has launched and developed a growth mindset ethos as Head Teacher at Churchill Academy & Sixth Form, an experience captured in his book, 'Becoming A Growth Mindset School'.



**Dr Pippa Busch** – Chartered Psychologist

Dr Pippa Busch is a Chartered Psychologist specialising in Child Development and Educational Psychology. Her research specialised on helping children develop secure attachments and social and emotional wellbeing so that they feel confident learners. Her mission is to make research accessible and practical for all teachers. Dr Busch has worked with a number of schools, teachers and students to help them improve motivation, mindset and resilience.

# Speakers

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**Edward Watson** – Founder of InnerDrive

Edward Watson is a graduate of Oxford University and served seven years in the army. After completing an MBA at London Business School he worked as a strategic management consultant for Marakon Associates. In 2006 he founded InnerDrive, a mental skills company that helps students develop the right mindset and key skills needed to perform under pressure. Over the past decade, Edward has designed and delivered student workshops and CPD sessions for over 200 schools.



**InnerDrive**

InnerDrive is a mental skills training company. We cover the traditional areas of psychology and neuroscience to help people improve their performance. Our origins are in working with elite athletes that include Premiership footballers and Team GB athletes. Our work mainly focuses on workshops for staff, students and parents on how to improve mindset, memory and motivation. We use the latest research to help individuals and organisations develop practical and actionable strategies, with an emphasis on improving learning, resilience and handling stressful situations.

**“I was delighted to hear that Kingston Grammar School and InnerDrive are hosting a conference on growth mindset. I do hope that you have a productive day and that your conference will lead to learning and growth for you and your students.”**

**Carol S. Dweck**

Carol S. Dweck, PhD, is one of the world’s leading researchers in the field of motivation and mindset and is the Lewis and Virginia Eaton Professor of Psychology at Stanford University.

# Booking

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## Tickets

Tickets are £180 per person or £160 if bookings are made before the 31st March 2018.

To book onto our 2018 Growth Mindset conference please visit: [www.kgs.org.uk/events/growth-mindset-conference](http://www.kgs.org.uk/events/growth-mindset-conference)

## Travel information

Kingston Grammar School is situated in the centre of Kingston upon Thames in Surrey, a five-minute walk from Kingston railway station and a three-minute walk from the Cromwell Road bus station. There are excellent train and bus links from most of South West London and Surrey.

There is a 23-minute direct train from London Waterloo. Should you require travel or accommodation advice please call 020 8939 8830.

## Enquiries

Please direct all enquiries to:

**Ms Libby Elliott**

Head of Marketing

Kingston Grammar School  
London Road  
Kingston upon Thames  
KT2 6PY

**T:** 020 8939 8830

**E:** [marketing@kgs.org.uk](mailto:marketing@kgs.org.uk)

**W:** [www.kgs.org.uk](http://www.kgs.org.uk)

*Kingston Grammar School reserves the right to alter the conference programme at short notice.*