

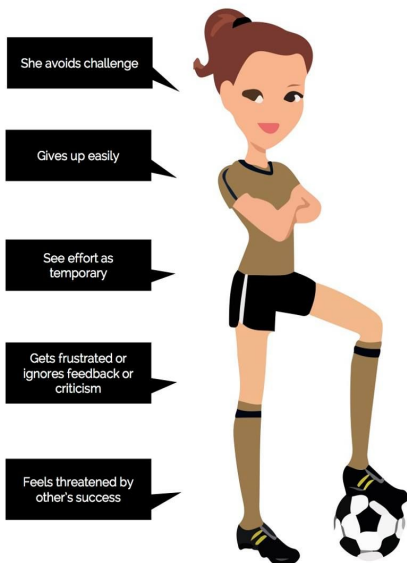


## Fixed Mindset vs. Growth Mindset

### Fixed Mindset

Believes talent is Inborn

Desires to be seen as perfect & talented, so...



Leads to a emotional player that is constantly trying to control herself & the way others see her. This often creates a difficult player to coach that is limiting her potential.

### Growth Mindset

Believes ability can be developed

Desire is to learn & improve, so...



Leads to a hard working player that is looking to improve. Creating a calmer, more open-minded athlete that is coachable & has more chance of reaching her full potential.