



# Live Mindset Workshops for students and apprentices





**We have for the first time transferred our winning formula to developing excellence in young people in partnership with Grey Matters UK and produced a suite of learning resources for students and apprentices called the Mindset Masterclasses which are hosted on the WorldSkills UK Skills Development Hub.**

The Mindset Masterclasses for students and apprentices will:

- Advance your knowledge, skills, and behaviours
- Inspire progression and development to higher levels of learning
- Develop employability skills and how the adoption of the PCDE principles can be applied in a 'high pressure' setting
- Developing invaluable transferable skills to apply learning in any domain; college, work and life.



We are hosting a series of Live Mindset Workshops with Grey Matters UK for students and apprentices to introduce you to the Mindset Masterclasses and unpick the ten principles of Psychological Characteristics of Developing Excellence (PCDEs) and how these principles can be applied in any domain; college, work and life to strive and reach your full potential.

The live sessions will be hosted by Rosie and James who have experience in performance psychology,

working with individuals, teams and organisations in applying these principles to achieve optimal performance. Rosie started in Motorsport, supporting drivers and pit crews to now working with individuals in sport, performing arts and business and James who has represented Great Britain at the World Championships and London 2012 Olympic Games in Judo is now using his experience and expertise across the performance industry.

# Psychological characteristics of developing excellence



## Quality practice

Knowing what to do, and having the motivation to achieve, sufficiently high quality practice to drive the desired outcome.



## Goal setting & self-reward

Planning the steps needed to achieve a given target, organising yourself to recognise and reward steps needed to achieve the longer-term goal.



## Self-regulation

In the simplest terms, being able to control the effects of pressure so that you can perform well.



## **Role clarity**

The confidence to know what is needed/expected of you to be optimally effective at the role or job in hand.



## **Realistic performance evaluation**

The ability to accurately know what was good and not so good in a performance, plus the willingness to do something about it!



## **Planning & self-organisation**

The ability to organise yourself to perform in any given situation, allowing for all the factors that need to be addressed for optimum performance.



## **Focus & distraction control**

Knowing what is important, knowing how to stay focussed on it, and knowing what to do to both avoid and counter distractions.

Mindset Masterclasses

## Commitment



## Commitment

How well the performer can commit to the focus and levels of effort needed for success.

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## Seeking and Using Social Support



## Seeking & using social support

The ability to build, then make use of, a network of friends, family and stakeholders to support progress. Knowing who to ask, when (and when not!) and being able to make use of this advice.

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## Effective and Controllable Imagery



## Effective & controllable imagery

The ability to develop effective images which can be used to structure mental practice of a particular skill or goal.



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