

CABA with you for life

EXPLORE YOUR MINDSET, ACHIEVE YOUR POTENTIAL

PROVIDING LIFELONG SUPPORT TO PAST AND PRESENT ICAEW MEMBERS AND THEIR FAMILIES

A Company Limited by Guarantee registered in England and Wales, No. 5970606, Charity No. 1116973
Patron: The President of the Institute of Chartered Accountants in England and Wales

WHAT WE WILL COVER TODAY

- Understand mindset and how it impacts every aspect of our personal and professional lives
- Discover the theory and practice of 'grit' - the passion and perseverance for long-term goals
- Explore the deliberate daily habits and practices that can help you lead a life of fulfilment

ANGELA DUCKWORTH



“Grit is passion and perseverance for very long-term goals”

HOW GRITTY ARE YOU?



HOW GRITTY ARE YOU?

1. New ideas and projects sometimes distract me from previous ones
2. Setbacks don't discourage me. I don't give up easily
3. I often set a goal but later choose to pursue a different one
4. I am a hard worker
5. I have difficulty maintaining my focus on projects that take more than a few months to complete
6. I finish whatever I begin

HOW GRITTY ARE YOU?

7. My interests change from year to year
8. I am diligent, I never give up
9. I have been obsessed with a certain idea or project for a short time but later lost interest
10. I have overcome setbacks to conquer an important challenge

MICHAEL JORDAN

“I have missed over 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot, and I have missed. I have failed over and over again in my life. And that is why I succeed”



WHO HAS GRIT IN YOUR LIFE?



NEUROPLASTICITY



HOW DO WE GET MORE GRIT?

1. Passion
2. Happiness
3. **Goal setting**
4. Self-regulation and patience
5. Risk taking
6. Humility
7. Perseverance
8. Energy management
9. **Growth mindset**



GOAL SETTING



CAROL DWECK THE POWER OF “NOT YET”



GROWTH AND FIXED MINDSETS

- Why brains/intelligence and talent doesn't always bring success
- How brains/intelligence and talent can sometimes stand in the way of success
- Why a different form of praise is more likely to breed growth and success in ourselves and others



**DON'T BELIEVE
EVERYTHING
YOU THINK.**

THOUGHTS ARE JUST THAT -
THOUGHTS.

ALLAN LOKOS

mandalamind.org

WHAT IS IN YOUR TOOLBOX?



5 STRATEGIES TO FOSTER A GROWTH MINDSET

1. Learn to hear your fixed mindset “voice”
2. Recognise you have a choice
3. Talk back with a growth mindset “voice”
4. Leverage visualisation
5. Cultivate mental awareness



CORONAVIRUS AND YOUR WELLBEING

CABA provide lifelong support to past and present ICAEW members, ACA students, and their close family members.

How can CABA support you?

- **Emotional support** if you're struggling with stress or anxiety - our qualified counsellors can support you
- **Legal advice** if you need guidance on your rights at work or advice on how to support your employees
- **Debt advice** if you need help to minimise your debts and manage your finances
- **Financial assistance** if you're facing redundancy or a loss of income

If you're worried about the impact of the coronavirus on you and your family, visit www.caba.org.uk or email enquiries@caba.org.uk