

Growing a Growth Mindset

with Dani Oxer

Understanding intelligence and abilities as qualities we can develop has powerful ramifications on student motivation and learning, and school success. When teachers and parents focus on improvement rather than on whether a child is smart, children learn a lot more. Using the research of Dr. Carol Dweck, strategies to develop a “growth mindset” in children will be explored.

About our Presenter

Dani Oxer obtained a Ph.D. in the field of immunology, where she worked on finding alternative treatments for patients suffering from autoimmune diseases. Her love for scientific discovery encouraged her to pursue two post-doctorate fellowships in genetics and aging. After working in academia for 15 years, Dani decided to create a business to help people change the way they handle life’s many challenges. As a certified coach from ICF (International Coaching Federation), she promotes individual well-being by assisting people in managing their stress more effectively. She also conducts workshops on anxiety and stress management, emotion regulation, mindfulness, and Growth mindset.

When: February 5, 2020 6:30-8:30 PM

Where: St Jude Elementary School

781 Rue Miller , Greenfield Park, QC J4V 1W8

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