



SOOTHING HEARTS

EMOTIONAL WOUNDS HEALING CENTER

WORKSHOP

PROMOTING A GROWTH
MINDSET AT HOME

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Founder / Managing Director

www.soothing-hearts.com



Workshops & Webinars

These are educational events intended to provide parents, caregivers, and even children and teens with valuable information on various topics related to mental health, parenting, and child development. Workshops might be interactive, offering hands-on activities or discussion sessions. Webinars can be presented live online, and potentially recorded for later viewing. Topics might range from understanding the impact of social media on teen mental health to effective strategies for supporting a child through academic stress, to the latest research in child and adolescent psychology. These events aim to foster a better understanding of these issues in the community and provide practical, applicable advice for attendees.



Promoting A Growth Mindset at Home

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Soothing hearts workshop

Overview: This interactive workshop is designed to help parents and caregivers cultivate a growth mindset in children. Participants will learn the principles of a growth mindset and acquire practical strategies to foster resilience, perseverance, and a love for learning at home.

Objectives: Participants will:

1. Understand the concept of a growth mindset and its benefits.
2. Learn to differentiate between a growth mindset and a fixed mindset.
3. Gain practical strategies to encourage a growth mindset at home.
4. Learn how to praise effort rather than innate ability to foster resilience.

Structure:

- **Session 1:** Introduction to Growth Mindset: Understanding its concept and importance.
- **Session 2:** Growth vs. Fixed Mindset: Identifying the differences and their impact.
- **Session 3:** Strategies to Promote a Growth Mindset: Practical ways to encourage perseverance and a love for learning.
- **Session 4:** The Power of Praise: Understanding how to use praise effectively to foster resilience.
- **Session 5:** Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop guide containing key insights, strategies, and additional resources.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Parents, Caregivers, and anyone interested in fostering a growth mindset in children.



"Every child carries a unique world within them. At Soothing Hearts, we strive to understand that world, to guide them through their emotional journey."

ABOUT

IMAN SLEIMAN

An educational psychologist with an experience of over a decade, Iman's mission at Soothing Hearts is to provide compassionate, heart-centered counseling services that help children and teens heal emotional wounds, navigate life challenges, and build resilience for a healthier and brighter future.

Iman envisions a world where every child and teen has access to supportive, heart-centered counseling, helping them to overcome emotional challenges, build resilience, and realize their full potential, contributing to a healthier and more compassionate society.







"Every child and teen has a unique story to tell. At Soothing Hearts, we make sure their stories are heard, understood, and honored. Together, we can turn challenges into stepping stones for growth and resilience." - Iman






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