

BUILDING RESILIENCE FOR LIFE LONG LEARNERS


ThinkAvellana

The Blue Coat School
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- Matters mindset
- Play the long game
- Be imperfectly human
- Embrace the struggle
- Focus on process
- Keep moving forward

Resources:

- [Dweck youtube video](#)
- [Hazel's BBC videos on growth mindset](#)

Books:

- The Gift of Failure - Jessica Lahey
- Mindset - Carol Dweck
- You Are Awesome - Matthew Syed
- 4000 Weeks - Oliver Burkeman

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