

A Positive Mindset: Task Sheet

Our beliefs and values condition the way we behave, and we make value judgements in everything we do. People with limiting beliefs and values about themselves are therefore less likely to be able to realise their full potential than those who hold a positive, empowering set of beliefs and values. Likewise, people with an empowering set of beliefs and values about the people around them are more likely to be able to help others to achieve success.

Having a positive mindset is one of the hallmarks of a successful coach/mentor. Learners who adopt a positive mindset are also more likely to achieve success in their goals. Use this exercise to review your beliefs and values as a coach/mentor in order to create a positive mindset for successful coaching/mentoring.

Task

1. Under the first section on the following page, write down the beliefs and values that you hold about yourself as a coach/mentor and those you hold about the people you coach/mentor. You may find it useful to refer to the examples of coach/mentor values statements provided below.
2. Review these values and beliefs carefully. How positive and useful are they? Score out any that could have a limiting effect on yourself, or your learner. Write these down in the second section.
3. Consider if there are any gaps. What beliefs and values would you ideally like to have that are not included on your list? What will you now do differently to put your empowering beliefs and values into action and develop yourself further as a coach/mentor? Consider also how you can encourage clients to review their values and beliefs to help them to reach their full potential.

My current beliefs and values on coaching/mentoring

Do any of these have a limiting effect on my ability as coach/mentor/client?

What will I now do differently?

Coach/Mentor Value Statements

- I enjoy trying to persuade or influence people.
- The development of others is my main priority.
- Communication is important to me – I like to be able to express ideas well in writing or in speech.
- I enjoy supervising others and being responsible for the work that they do.
- I like to think that my work is producing something worthwhile and is benefiting society.
- I like being known as an expert, with special knowledge or skills.
- I believe that everyone is capable of learning new things.
- It is important to me to help other people in my work.

Learner Value Statements

- It is important for me to learn new things.
- I enjoy doing tasks that are physically demanding.
- I like to have the opportunity to be creative and think up new ideas.
- I like to take risks.
- I enjoy working at a fast pace.
- I enjoy having a variety of different things to do.
- It is important for me to have a lot of excitement in my work.
- I enjoy working under pressure and to guidelines.
- Having a balance between work and home life is important to me.
- I like to receive recognition and be appreciated for the work that I do.
- I prefer to have flexible working hours and to be able to work when I want to.
- My career is important to me and I am always looking for opportunities to progress.
- I like to have a predictable routine.
- I prefer to have few pressures or uncomfortable demands.
- I enjoy challenges and given new problems to work on.
- I like having the responsibility to make decisions.
- I like being able to work independently, without others telling me what to do.
- I like to have good friendships with people at work.

