

**1. Beliefs + Meaning**

**Beliefs Are Nothing More Than Convenient Assumptions To Keep Us "Safe"**

Our beliefs either empower us or disempower us – acting as a throttle or a limiter.



- Self Belief
- Global Beliefs
- Growth OR Fixed Mindset
  - Talent + Intelligence
  - Failure OR Feedback
  - Effort + Stamina
  - Blame OR Responsibility

**Nothing Has Meaning Except The Meaning We Give It**

We interpret and place meaning on every interaction we have and every thing that happens in our world.



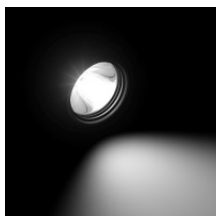
- Empowering OR Disempowering
- Meanings are part of how we form our beliefs
- The way we view failure



**2. Focus**

**What You Focus On Is What You Get**

The things that show up in our conscious awareness are governed by what we choose to focus on – positive or negative.



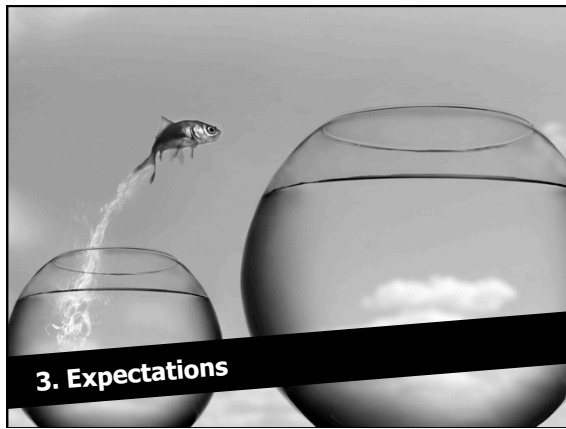
- The Brain (DDG)
- Focus on strengths
- Tune into what matters
- Personality Styles + Fit
- Focus on what you want to see more of
- The growth journey
- Gratitude + Progress

**Focus Positive Behaviour + Effort**

Punishment has *less* of an impact on managing or modifying behaviour than, positively rewarding desired behaviour.

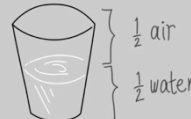


- Focus on *rewards* for positive behaviour.
- *Smaller* and more *immediate* vs Larger and more distant rewards.
- *Peer reward/recognition* have huge impact.
- Praise *the journey* and *the effort* not *the result*.



### Expectation and Self Evaluation Are The Most Powerful Influencing Factors On Student Performance

Students will live up or down to the expectations which are put on them either by themselves or by their teachers



*technically, the glass is always full.*

- Generational Patterns
- Further Education
- Career Pathways
- Pygmalion Effect
- Golem Effect
- Balance Optimism with Growth Mindset



**THANK YOU!**

**Nathan Hulls**

**[www.nathanhulls.com](http://www.nathanhulls.com)**

sign up for my regular email newsletter

**[www.nathanhulls.com/careersaustralia](http://www.nathanhulls.com/careersaustralia)**