

ACAPT Leadership Academy Workshop at ELC

October 11, 8:30 am – 5:00pm

Limited to 50 Participants

\$150 for APTA members

Your Leadership Mindset: Think Big, Act Boldly

Mindset – your own attitudes, beliefs, and expectations - acts as a foundation of who you are, how you lead, and the ways in which you interact and connect with other people. Your mindset influences how you see, interpret and respond to situations. Your mindset influences your decisions and your actions.

Mindset - this fundamental force - can either help you or prevent you from fulfilling your own or your teams' potential. You can choose how to interpret challenges, opportunities, and setbacks. Ideally, robust leadership starts with a growth mindset. Leaders with a growth mindset understand that 'potential' can change and grow, and that great things can be accomplished through passionate practice, effort, and learning.

Adopting a new mindset is the first step in reinventing yourself as a leader, and strengthening your impact and influence. Shifting your mindset requires you to examine how you engage people, evaluate opportunities, approach situations, and make decisions. It challenges you to break out of your comfort zone to stretch your capacity. This passionate dedication to stretching potential, especially when things are not going as expected, is a vital characteristic of a leadership growth mindset.

In this program, emphasis will be on examining the role your mindset plays in how you lead yourself, engage others, and purposefully design your future. You will learn how to shift and shape your mindset proactively and why this matters. Participants will be encouraged to contribute to interactive discussions throughout the entire program.

LEARNING OBJECTIVES

Upon completion of this course, you'll be able to:

1. Describe mindset.
2. Discover the difference between a growth mindset and a fixed mindset.
3. Describe an ideal leadership mindset for effective leadership.
4. Examine your own leadership mindset through self-assessment.
5. Examine the process for shifting mindsets.
6. Develop an action plan to enhance your leadership mindset.

For more information click here: (information below would be available through the link)

REQUIRED PRE-CONFERENCE PRE-WORK

- Required Reading: Dweck, C. S. (2016). *Mindset: The New Psychology of Success*. New York, New York: Balantine Books.
- Required - Watch TED Talk: Shaun Achor: "[*The Happy Secret to Better Work*](#)" (12.14 min.)

WORKSHOP AGENDA

Time	Topic	Learning Activities/Notes
8:30 am – 9:00 am (30 min.)	Leadership Mindset – Warm-Up <ul style="list-style-type: none"> • Leadership Clarified 	
9:00 am – 10:15 am (75 min.)	Growth Mindset versus Fixed Mindset <ul style="list-style-type: none"> • Failure and Resilience • Grit 	Pre-Work - Required Reading Discoveries - Self-Assessment
10:15 am – 10:30 am	BREAK	
10:30 am – 11:45 am (75 min.)	Leadership Mindset for Effective Leadership: <ul style="list-style-type: none"> • Abundance Mentality • Positivity & Optimism • Passion! • Energy! 	Pre-work - <i>Happiness Advantage</i> Discoveries - Self-Assessment

11:45 am – 12:00 am (15 min.)	Shifting Your Mindset (Part 1) <ul style="list-style-type: none"> • Leading Change – Thinking Differently 	A-Ha's!
12:00 noon – 1:00 pm (60 min.)	LUNCH BREAK	
1:00 pm – 2:15 pm (75 min.)	Curiosity & Creativity Thinking Big! <ul style="list-style-type: none"> • Seeing Opportunities versus Challenges • Tolerating Risk • Being Courageous, Being Bold! 	Lateral Thinking
2:15 pm – 3:15 pm (60 min.)	Leadership Mindset: <ul style="list-style-type: none"> • Connecting & Empathic Listening • First Impressions 	Intuition <i>Blink</i>
3:15 pm – 4:00 pm (45 min.)	Shifting Your Mindset (Part 2) Action Planning! <ul style="list-style-type: none"> • Leading from Within • Leading (Executing) with Conviction & Confidence Q & A	
4:00 pm – 5:00 pm (60 min.)	Leadership Mindset Panel	

REFERENCES:

Achor, S. (2011). *The Happy Secret to Better Work*. TEDxBloomington. Available at: https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work. Accessed on March 20, 2018.

Couros, G. (2015). *The Innovator's Mindset: Empower Learning, Unleash Talent, and Lead a Culture of Creativity*. San Diego, CA: Dave Burgess Consulting Inc.

Duckworth, A. (2016). *Grit: The Power of Passion and Perseverance*. New York, New York: Scribner.

Dweck, C. S. (2016). *Mindset: The New Psychology of Success*. New York, New York: Balantine Books.

Gladwell, M. (2007). *Blink: The Power of Thinking Without Thinking*. New York, New York: Back Bay Books.

Pink, D. H. (2006). *A Whole New Mind: Why Right-Brainers Will Rule The Future*. New York, New York: Riverhead Books.

SPEAKER BIO

Jennifer Green-Wilson is an Assistant Professor in the Department of Healthcare Studies at The College at Brockport. She is also the principal of the Institute for Business Literacy and Leadership (also known as the Leadership Institute); formerly the Director of the Institute for Leadership in Physical Therapy (LAMP) for HPA the Catalyst of the American Physical Therapy Association (APTA), as well as a former member of the Private Practice Section (PPS) Education Committee of the APTA. Recently serving as a Director on the Board of Directors of the APTA, she speaks nationally and internationally on topics related to leadership, business literacy, and management in healthcare, has been invited to submit short articles for APTA's 'Business Sense' section of PT in Motion, and was awarded a national research grant from the HPA Section in 2009. Additionally, she was awarded HPA the Catalyst's LAMP Lighter Leadership Award in February 2014 and Rochester Hearing and Speech's James DeCaro Leadership Award in 2017. Dr. Green-Wilson works with several physical therapist programs and diverse health care organizations across the country, helping to strengthen the development of practice management, business literacy, and leadership skills at entry-level and in contemporary practice. She also serves as the Secretary

(immediate past Chair) on the Board of Directors of Rochester Hearing and Speech in Rochester, New York. Dr. Green-Wilson holds an Ed.D. degree in Executive Leadership from St. John Fisher College in Rochester, NY, a MBA degree from the Rochester Institute of Technology, and a BS degree in physical therapy from Queen's University in Kingston, Ontario, Canada.

REGISTRATION:

\$150.00 for APTA members

\$175.00 for non-APTA members