

Mindset Neuroscience™

# Neuroscience & Mindset Training Programs

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## Updated knowledge about the human brain, behavior and biology = Better Education, Business and Community

Mindset Neuroscience Training transforms the way teachers interact with students – for the long term – by training educators in a replicable method that creates buy-in to integrate updated brain science into classrooms, staff development and moment-to-moment interactions between staff, students and personal relationships. Through experiential and self-reflection exercises, educators learn how to improve their ability to connect with their students and create activities and conditions that optimize the human brain for learning.

Educator:	Action:	Outcome:
Calgary Family Services	Two-hour trainings to veteran and new teachers to create buy-in for incorporating neuroscience information and growth mindset concepts into classroom. (two elementary, one middle school and one high school).	Teachers implemented suggested activities to lower fear of mistakes, highlight self-transcendent purpose, and cultivate co- and self-regulation. Teachers created 'peace corners' for students, routines for meditation and mindfulness and reported improved behavior among students.
Horizon Science Academy	School-wide, full-day training devoted to Growth Mindset, Executive Functioning and Self-Regulation	As a result of the training, teachers initiated a Professional Learning Community devoted to Growth Mindset. PLC members incorporated brain-science backed criteria into their classrooms and developed lesson plans focused on celebrating mistakes and learning about the brain.
Enlace Chicago	Custom professional development two-day training focused on social and emotional learning and growth mindset - for parent educators (staff who lead workshops for parents).	Parent educators took material and curriculum from training and developed and delivered their own workshops for parents and teachers at several schools.



# Program Summary

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## Speaking Engagements

### Neuroscience of Mindset

Time: 60-90 Minutes Pricing: \$1800 (Non-Profits & Schools) \$2500 (Businesses)

### Neuroscience of Resilience and Social Justice

Time: 60-90 Minutes Pricing: \$1800 (Non-Profits & Schools) \$2500 (Businesses)

### Neuroscience of Innovation and Social Impact

Time: 60-90 Minutes Pricing: \$1800 (Non-Profits & Schools) \$2500 (Businesses)

### Combination of any of the above three

Time 90-120 Minutes Pricing: \$1997 (Non-Profits & Schools) \$2700 (Businesses)

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## Organizational Mindset Training (on-site)

### Half-Day Training

Time: 4-hour (1/2 day) Pricing: \$2300 (Non-Profits & Schools) \$3200 (Businesses)

### Full-Day Training

Time: 8-hour (full day) Pricing: \$2800 (Non-Profits & Schools) \$3500 (Businesses)

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## Mindset Workshops (held at Chicago Academia)

### Mindset for Educators

Full-day (7 hours per workshop) Pricing: Part I: \$245 per person Part I +II: \$375 Dates: March & May, 2018

### Mindset for Parents

Full-day (7 hours per workshop) Pricing: Part I: \$245 per person Part I +II: \$375 Dates: March & May, 2018

### Mindset for Business Innovation

Full-day (7 hours per workshop) Pricing: Part I: \$275 per person Part I + II: \$430 Dates: March & May, 2018

### Train-the-trainer (TTT)

Time: 20-hour (6 months) Pricing: \$2000 per person Dates: March-September 2018

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## Online Program

### Growth Mindset Self-Study Online Course (Mindset StarterKit)

Time: can be completed within 1.5-2 hours, or extended into a half or full-day training (with suggested activities & reflections)  
Pricing: \$97 per person Group Pricing (20 people or more): \$30 per person (Non-Profits & Schools) \$50 per person (Businesses)

Programs

Speaking Engagements



	Neuroscience of Mindset	Neuroscience of Resilience & Social Justice	Neuroscience of Innovation & Social Impact
<b>Why</b>	To increase educator awareness of their own mindset and get science-informed strategies on how to cultivate growth mindset internally and with students.	To increase educator awareness of the effects of adversity, trauma and power structures that negatively affect learning and get strategies on how to cultivate psychological safety and optimal brain development for learning.	To increase educator awareness of 'neurodiversity', design thinking, new approaches to failure and whole-brain integration. Educators are given strategies for boosting innovative, 'change-makers' mindsets in the classroom
<b>What you get</b>	Participants are shown a 4-step process and interactive exercises to help build growth mindset in students, including strategies for celebrating mistakes, process and purpose.	Participants are shown a 5-step process and interactive exercises to foster optimal brain functioning and psychological safety in the classroom, in addition to components of growth mindset.	Participants are given a 4-step process and interactive exercises to build growth mindset with added emphasis on whole-brain thinking and a four-phase Mindset Neuroscience™ Story-Telling Map, and activities for Mindset Story-Telling.
<b>Examples</b>	Presented at Alcuin Montessori School in Oak Park, at the Teachers Convention in Calgary Canada, and at the University of California San Diego School of Medicine Mindfulness Convention.	Presented Keynote at Northeastern University's People's Forum: Resilience in Action and at City Colleges of Chicago annual professional development conference for college advisors.	Excerpts were presented at the Design Thinking Festival, at the Hasso Plattner Institute of Design in Berlin Germany, at Google Chicago and Google UK (London) BlackBelt Sales Mastery Learning Conferences.
<b>Pricing</b>	Schools & Non-Profits: \$1800 Businesses: \$2500	Schools & Non-Profits: \$1800 Businesses: \$2500	Schools & Non-Profits: \$1800 Businesses: \$2500

# Training Information



	<b>Mindset StarterKit (online – self-study)</b>	<b>Mindset Workshops (at Chicago Academia)</b>	<b>Organizational Mindset Training (on-site, half &amp; full-day)</b>	<b>Train the Trainer (online &amp; at Chicago Academia)</b>
<b>What you get</b>	Participants learn the replicable 4-part process to introduce and inspire growth mindset in staff and students. Concrete activities and ideas for implementation	Participants learn the replicable 4-part process to build growth mindset + a specialized track for parenting/teaching/business innovation. Group coaching for specific examples	Participants learn the replicable 4-part process to build growth mindset plus a specialization track for the organization's specific challenges and goals. Group coaching for specific examples	Participants learn how to teach, model and apply the replicable Mindset Neuroscience framework, participate in practice teaching sessions with feedback, get featured on the website and become part of the alumni network.
<b>Training outcome</b>	Concrete ideas for how to talk about growth mindset from a neuroscience perspective	Increased confidence in speaking about growth mindset from a neuroscience perspective	Common organizational, science-informed language and framework + concrete ideas to cultivate growth mindset	"In-house specialist" who can effectively lead their own Mindset Neuroscience™ workshops for staff.
<b>Time investment</b>	1.5 - 2 hours Can be expanded into 5-8 hours with articles/reflections	7 hours for Part 1 14 hours for Part 1 + 2 1-2 hours of reflection/implementation after Part 1	7-hour live group session 1.5-5 hours additional reflection/discussion activities if Mindset StarterKit is purchased	3 full-day intensive workshops 4 months personal email consulting 2 group meetings Graduation showcase celebration
<b>Materials</b>	6 modules of videos Sample slide presentations 5-step plan to present mindset Reflection sheets + activities Discussion questions	Training workbook Presentation slides Reflection sheets	Training workbook Presentation slides Reflection sheets 30% discount for Mindset StarterKit	
<b>Pricing</b>	\$97 per person Group Pricing (20 or more): \$30 per person (Non-Profits & Schools) \$50 per person (Businesses)	\$245 –Part I for Educators & Parents \$375 – Part I + II for Educators & Parents \$275 – Part I for Business Innovation \$430 – Part I + II for Business Innovation	Half-Day: \$2300 (Non-Profits & Schools) Half-Day: \$3200 (Businesses) Full-Day: \$2800 (Non-Profits & Schools) Full-Day: \$3500 (Businesses)	\$1997 per person (can be paid in 4-6 installments)

*\*Pricing excludes travel, lodging, on-site expenses. Final pricing depends on number of participants, customization requests.*



## Bibliography



### **Stefanie Faye Frank, MA**

*Founder & Lead Facilitator*

Stefanie's graduate degree from New York University, and fieldwork at the NYU Phelps Lab for Neuroscience Research, NYU Institute for Prevention Science, and Yeshiva University's Albert Einstein College of Medicine focused on the cross-section of neuroscience, mindset and social justice. She won third place at the NYU 2010 Graduate Research Conference for her original research on Family Emotional Climate and Emotion Perception. She also won the Government of Canada Award for Excellence in Teaching in 2003 for French Language Instruction at the Canada School of Public Service. Stefanie's Mindset Neuroscience Training products combine over a decade of counseling and teaching in schools and organizations across the US, Canada, Europe, Latin America and Africa, with insights gained from science research and training in monasteries with meditation and mindfulness teachers from Africa, the US, Vietnam and India. She now offers Mindset Neuroscience workshops and consulting to universities and businesses such as Google, HPI Design School in Berlin, Illinois State University, Northwestern University, Chicago Teachers Union, City Colleges of Chicago, as well as nonprofits and school districts throughout the US, UK, Australia and Canada.

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