

# WiP THEME: *Mindset*

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**How much does achieving leadership depend on the individual attitude and mindset of the leader? Here are some ideas for exploring the role of mindset with your Women inPower chapter:**

**1. Host a discussion. Some sample questions you can ask your group:**

- How do you think of your own mindset? What is your attitude towards life, your work and the world?
- Do you make an intentional decision to have a particular mindset? Or does it just come to you naturally?
- Are there activities or habits or practices that impact your mindset?
- Can you think of someone whose attitude and outlook on the world you admire? What do you most admire about it? What could you do for yourself to adopt that type of mindset?
- Do you believe a person's intelligence can change over time? Why or why not? How could it change?
- Do you think of yourself as an optimist or a pessimist?
- Is there one type of mindset or approach to life and work that makes a leader more effective? Does mindset make a difference in leadership styles?
- Do women and men typically have different mindsets/approaches to life/worldviews?

**2. Plan an activity for your chapter. In this case, you may need to secure a volunteer in advance.**

- Ask her to think about a past difficult situation she faced in her professional life (for example, difficulty relating to a boss, colleague or someone she managed).
- Ask your volunteer to set the stage and describe the situation they found themselves in—what was she experiencing and how did it make her feel? Once she's set the stage, ask her to pause at the point right before she took any action in response to the situation.
- Go around the room and ask others to weigh in. What would they have done in that situation? How would they have felt? Could there be another way to see the situation from the outside?
- Now ask your volunteer to disclose what she actually did next. Ask her to reflect on whether a change in mindset might have led to a different outcome. Did hearing the other perspectives help her realize something about her own mindset at the time? Was there a different outlook that might have resolved the situation differently?
- Ask everyone to reflect and open the floor up to other volunteers.

**3. Invite a speaker to talk about his/her experience. Some ideas for people you can ask:**

- A government leader or someone from the world of business.
- Ask your chapter for ideas. Pool your connections and identify someone you may already know.

*How did it go? Did you find something worked particularly well or not so well? Did you follow the script or make up your own? What did your group learn? Share your experiences in the Women inPower Facebook group so we can all learn from each other.*