



Respond Mindfully Getting Along: How to work with people with a “Fixed Mindset”

A Live Virtual Two-Part Series with Oscar Flores, M.Ed., NBC-HWC.

Join Us

**Wednesday, August 30 & Thursday, August 31
2:00 - 3:00 PM**

To register, log-in and enroll through the Learning Management System (LMS) by August 28, 2023.

Course Number: WELL 6015-1. A link to join the online training will be sent to attendees one business day in advance.

In this two-part series, we will explore various mindfulness tools that can help you reduce stress when interacting and working with people with a "fixed mindset." Acknowledging that others have a fixed mindset is the first step to promoting our wellness. It allows us to access our internal emotional and thinking resources to approach interactions from a growth mindset, such as feeling grounded to respond and interact with others in compassionate, honest, and transparent ways. We'll use a combination of short stories and live practice opportunities to highlight and explore the use of self-awareness and emotional intelligence tools to support more attuned conversations

Specifically, attendees will learn about:

- How to distinguish between fixed and growth mindsets
- The four mindfulness practices that support the ability to self-reflect and emotionally regulate when facing difficult conversations
- How to self-reflect on interactions with fixed-minded people and plan on how to approach them from a growth mindset
- The insight into what commonly leads others to approach work and communications from a fixed mindset

Note: This workshop is part of the 12 Wellbeing & Work-Life Resource Paid Leave Hours allocated to County Employees.

Questions? Contact the County of Monterey Employee Wellness Program at healthpromotion@co.monterey.ca.us