Mindset

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You can learn new things, but you can't really change how intelligent you are.



"A few modern philosophers... assert that an individual's intelligence is a fixed quantity, a quantity which cannot be increased. We must protest and react against this brutal pessimism....

With practice, training, and above all, method, we manage to increase our attention, our memory, our judgment and literally to become more intelligent than we were before."

Mindset



"Everyone should own this book." -CHIP HEATH & DAN HEATH, authors of Made to Stick and Switch

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN LEARN TO FULFILL **OUR POTENTIAL**

> *parenting *business *school *relationships

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Mindset

Fixed



You can learn new things, but you can't really change how intelligent you are. You can always substantially change how intelligent you are.

- Carol Dweck. Mindset.

Mindset



Mindset

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Intelligence

Physical ability

Creative ability

Personality

"A few modern philosophers... assert that an individual's intelligence is a fixed quantity, a quantity which cannot be increased. We must protest and react against this brutal pessimism....

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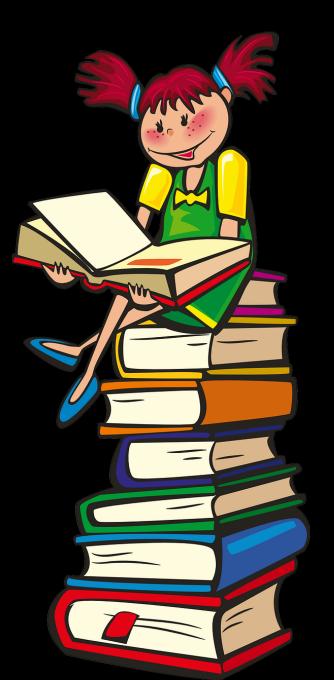
> Alfred Binet Inventor of the IQ Test

Ok, why is mindset important?

Adopting a growth mindset will make you a happier human

Chapter 1: School

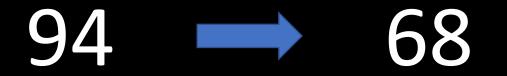
Personal Story





Biology ComputerScience







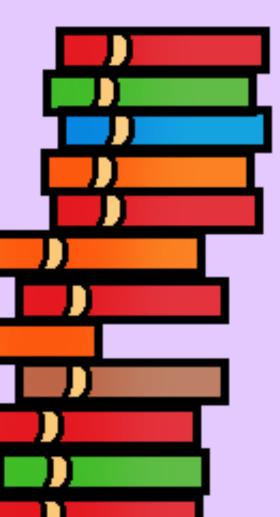


| Performance in Academic Ranking of World Universities by Subject Fields | | | | | | | |
|---|-------|-------|-------|---------|---------|---------|---------|
| Subject Fields | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 |
| Mathematics | 51-75 | 51-76 | 52-75 | 51-75 | 51-75 | 51-75 | 76-100 |
| Physics | 1 | 1 | 1 | 151-200 | 151-200 | 151-200 | / |
| Chemistry | 51-75 | 51-75 | 51-75 | 29 | 38 | 101-150 | 101-150 |
| Computer Science | 17 | 15 | 15 | 18 | 18 | 18 | 18 |
| Economics/Business | 1 | / | / | 1 | 1 | 1 | 1 |



Obviously, I need to study harder!







Well, this sucks, so...



Fixed Mindset

You are LAZY!





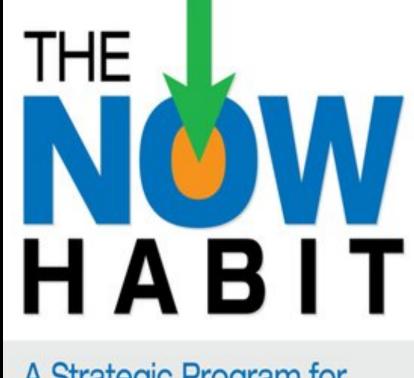




Are you lazy?

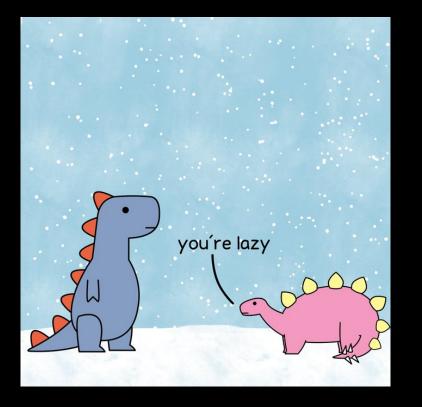
"The choice is not working or not working, but which type of work; even feeling guilty because of procrastinating takes some effort.

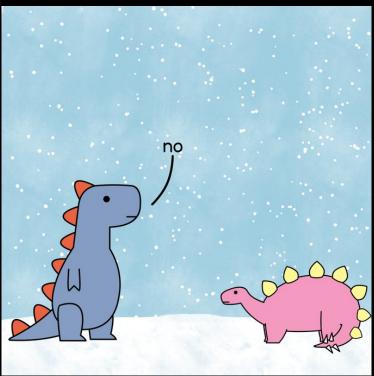
- Neil Fiore. The Now Habit.

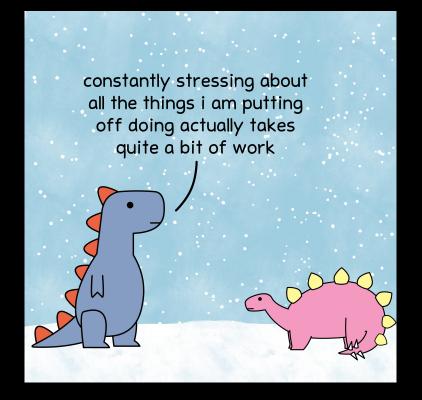


A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play

Neil Fiore, Ph.D.





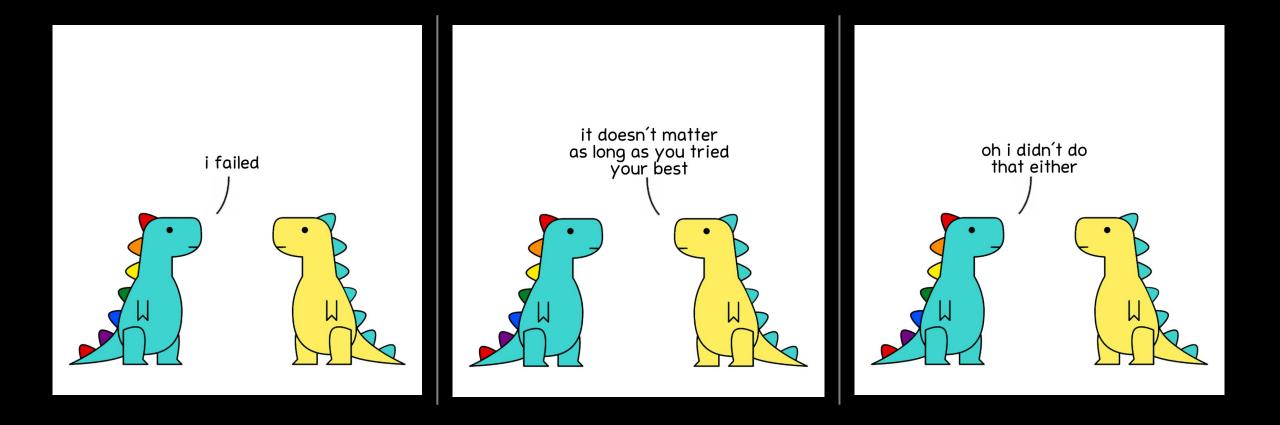




Humans are NOT lazy

You are probably scared

What exactly are we scared of?





Fixed Mindset

"...effort is a bad thing. It, like failure, means you're not smart or talented. If you were, you wouldn't need effort."

- Carol Dweck. Mindset.

Are people with fixed mindset doomed?

People with fixed mindset can still succeed at accomplishing hard things

Adopting a growth mindset will make you a happier human

Sidenote

What about talent?

Talent only carries you so far

10,000hour rule

Outliers



THE STORY OF SUCCESS

Malcolm Gladwell

#1 bestselling author of The Tipping Point and Blink

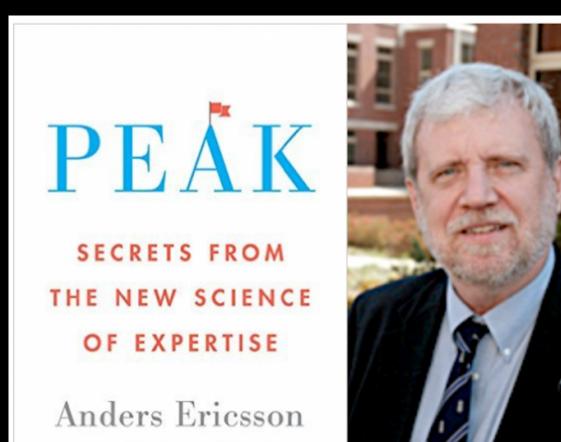
PEAK

SECRETS FROM THE NEW SCIENCE OF EXPERTISE

Anders Ericsson
and Robert Pool

"Offers an optimistic anti-determinism that ought to influence how people educate children, manage employees and spend their time . . . The good news is that to excel one need only look within."—*The Economist* "Deliberate practice involves feedback and modification of efforts in response to that feedback.

- Anders Ericsson

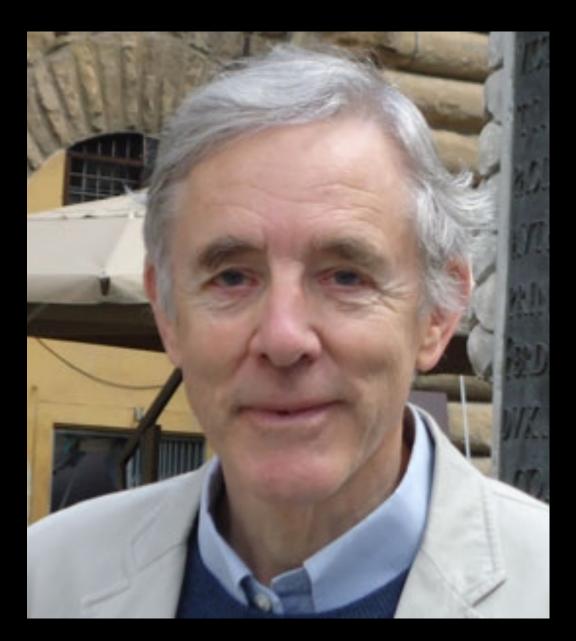


and Robert Pool

Kind vs Wicked learning environments

Presence or absence of immediate and accurate feedback

Robin M. Hogarth



Talent is overrated!

Believing you are forever defined by your inborn abilities is so sad

Adopting a growth mindset will make you a happier human

End Sidenote

Chapter 2: Work

CEO Disease

The negative feedback vacuum

Fixed Mindset

Must continuously get confirmation of your greatness

You cannot ignore reality forever

Enron's stock price, 1984-2001:



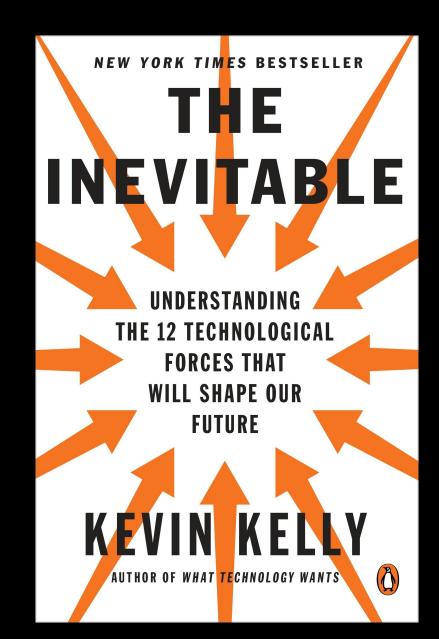
"Be passionate and bold. Always keep learning. You stop doing useful things if you don't learn."

- Satya Nadella



"In this era of becoming, everyone becomes a newbie. Worse, we will be newbies forever."

- Kevin Kelly

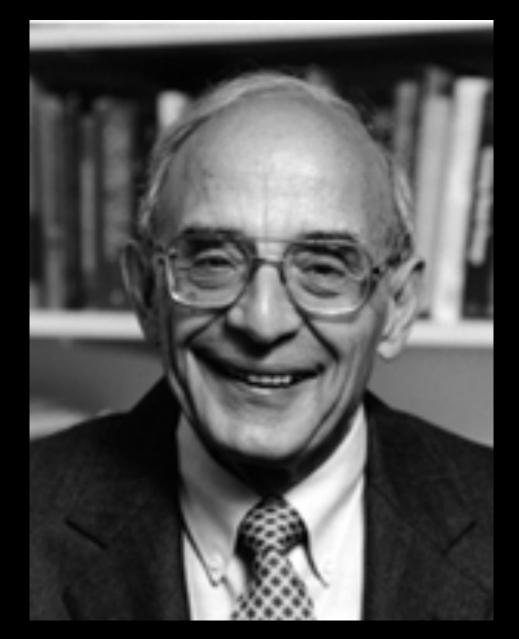


We must learn every day

Our businesses must learn every day

"Smart people don't learn... because they have too much invested in proving what they know and avoiding being seen as not knowing."

- Chris Argyris



Learning requires vulnerability

Fixed mindset gives you no tools to cope with failure

In growth mindset

Failure doesn't define you

In growth mindset

Failure is an opportunity to improve

"Why waste time proving over and over how great you are, when you could be getting better?"

- Carol Dweck. Mindset.

It's not about proving yourself It is about improving yourself

- Sasha Rosenbaum

Adopting a growth mindset will make you a happier human

Are we all good now?

Like every journey, it takes time

Adopting a growth mindset will make you a happier human

Bonus Chapter: Personality



Fixed mindset makes you feel judged

You can always change basic things about the kind of person you are

Adopting a growth mindset will make you a happier human

Thank you!

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