

# What is a good talent mindset and how do I support its development?

Does it matter how you think of talent as a parent? Yes! How you and your child's coaches think about talent influences your child's mindset.

## Fixed mindset

Skills are predominantly unchangeable and reflect inherent or innate abilities.  
You have it or you don't.

## Growth mindset

Skills are predominantly acquired and therefore changeable with training. If you don't have it yet, you can learn.

### Fixed mindset athletes tend to:

- View talent as natural
- See failure as a result of lack of talent
- Respond to negative feedback or adversity with lack of persistence
- Select drills where they can demonstrate superiority

### Growth mindset athletes tend to:

- View talent as acquired/learnt
- See failure as a learning opportunity.
- Respond to adverse situations with persistence.
- Select drills where they can learn new skills

## How can you support the development of growth mindset?

Although not all people have the same potential in all sports, a growth mindset allows your child to get the best out of their potential. Your language and behaviour is important in developing your child's mindset. Do not talk too much about your child or others as being talented. Focus on process goals and improvement before results. Encourage continued training in times of performance slumps or adversity.