

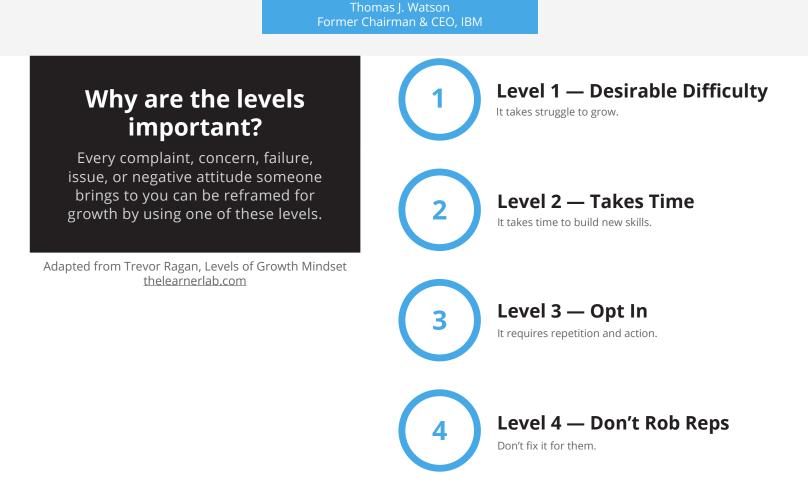
# KEVIN BROENE

Grit Leadership for Educational Athletics, LLC

GritLeadershipEA.com

#### "Failure" isn't a bad word

"Failure is not the enemy of success... you can learn from it. So go ahead and make some mistakes... that is where you will find your success."



#### Growth mindsets build grit and resilience. Who we are today, is not final...

"You were designed to be continuously improved. If you want to get better at things that matter to you, then you just have to get to work!"

> Dr. Michael Merzenich Neuroscientist



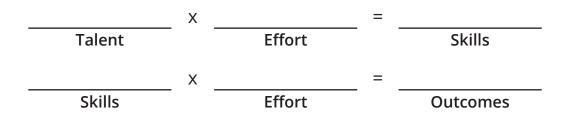
# KEVIN BROENE

Grit Leadership for Educational Athletics, LLC

GritLeadershipEA.com

### **Effort Counts Twice**

Angela Duckworth



## What is GRIT?

### In opposition, setback, or failure, focus on controlling the controllables.

"We develop grit in others by praising their process, not their result."

> Carol Dweck Mount Rushmore of Growth Mindset

"The demonstration of perseverance and passion for very long term goals."

> Angela Duckworth CEO, Character Lab

"Equal parts determination, tenacity and emotional resilience..."

> John Rosemond Author and Family Psychologist