

Growth Mindset



Powered by



In the *I'm on Board* program, coaches introduce players to life skills such as a growth mindset.

Your role is complementary: You can reinforce these lessons every day by encouraging your child's effort, perseverance, and progress—both in sports and in everyday life.

What is a Growth Mindset?

A growth mindset is the belief that you can always improve and learn through effort, practice, and experience.

It means focusing on progress rather than believing that your abilities are fixed or that only winning matters.

Key Words

- Learn
- Try
- Improve
- Persevere
- Grow



"For me, obstacles are the first step toward growth. If everything is easy, it's hard to grow."

Martin St-Louis, Montreal Canadiens

Why Adopt a Growth Mindset?

A growth mindset helps people see **challenges, mistakes, and feedback** as **opportunities to learn**. It encourages them to **persevere** when situations are difficult and to focus on their own **progress** rather than comparing themselves to others. This way of thinking builds **confidence, a love of learning, and the development of skills**.

How to Reinforce a Growth Mindset at Home?

You can support this learning by encouraging your child to:

- Keep trying, even when things are difficult
- Reflect on what they can learn from a mistake
- Celebrate their efforts, learning, and progress
- Learn from others' success rather than comparing themselves to others
- Use advice and feedback to improve
- See obstacles as opportunities to grow

Concrete Examples to Discuss

- Ask a coach or teammate for advice
- Say: "I can't do it yet, but I can improve"
- Recognize effort, even when the outcome is not what was hoped for
- Keep practicing a difficult skill

Questions to Ask Your Child

- What did you learn today at practice or during the game?
- What was challenging for you? What did you try to do to improve?
- What could you try differently next time?
- How do you feel when you succeed at something after practicing it a lot?
- How can you respond when a teammate succeeds at something you can't do yet?



Seeking Feedback to Improve

"In hockey, we all make mistakes. Often, you come out of a mistake stronger than before. The key to growing from the experience is learning from it, such as finding out what you could have done better."

Rafaël Harvey-Pinard,
Montreal Canadiens



By regularly talking about **effort, progress, and learning** with your child, you help reinforce the messages shared by coaches and support the development of an essential life skill—one that will help them **persevere, learn from mistakes**, and continue to grow both in hockey and in life.

Recognizing and Reinforcing a Growth Mindset

- ☐ Recognize your child's effort, not just their results.
- ☐ Highlight the progress you notice, even when it's small.
- ☐ Encourage your child to talk about what they learned after a practice or game.
- ☐ Help your child see mistakes as opportunities to improve.
- ☐ Lead by example by sharing your own learning experiences, challenges, and mistakes.