

Media Release

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The mindset of a champion

There are things that distinguish great athletes—champions—from others. Most of the sports world thinks it's their talent, but Dr Carol Dweck from Stanford University will argue that it's their mindset.

Dr Dweck will discuss how natural talent, while important in the development of a champion, can be enhanced by fostering perseverance and commitment to learn and develop that talent, at the ISSP 11th World Congress of Sport Psychology in Sydney this week

"There are two theories of ability that people may hold: a fixed mindset, in which people believe their abilities are set or fixed and can't be changed, and the growth mindset, where people believe that their abilities can be cultivated and developed throughout their life," says Dweck.

"The latter theory focuses on the idea that everyone can get better over time and leads people to do just that," says Dweck. "Great athletes, such as Michael Jordan and Babe Ruth, even if seemingly a "natural" practiced like fiends and honed their skills over many years," she adds.

"Look closely at any top athlete and you can see the discipline, perseverance and commitment that went into their success. They had talent, but they also had the right mindset. People with a growth mindset understand the need to put in an effort and not rely solely on talent, they can cope better with difficulty and possess more confidence."

Even more importantly, says Dweck, this mindset can be learned.

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Keynote Address: 9.30 – 10.30 am, Tuesday 16 August 2005
To arrange an interview please contact Peter Terry on 0408 007 265.

A full program is available at www.issp2005.com

For further information about the congress, to register for a media pass to attend or to arrange an interview please contact Peter Terry on 0408 007 265



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