

Mindset as a Practice for the Classroom and the Soul

EDCAMP 2025 - LEARNING LAB

Candice Smith, Founder & Mindset Coach



STATE OF BECOMING

Mindset Coaching

Welcome + Honoring the Room

"I see you. I honor the complexity, pressure, and emotional labor of teaching."

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REFLECTION

**Who are you becoming in this season of your life —
and who’s watching you do it?”**

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STATE OF BECOMING

Becoming is a mindset, not a destination.

It is self-leadership, healing, and growth in motion.

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WHY IT MATTERS IN EDUCATION

Our inner world shapes our outer impact.

Students feel who we are more than what we teach.

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THE 3 CORE PRINCIPLES

1

Mindset isn't static—it's shaped by what we choose to practice.

2

The emotional climate we carry becomes the one we create.

3

We can't lead students into growth we're too afraid to embody ourselves.

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GROUP DISCUSSION

Get into 3 groups (1 principle per group)

Discuss: What does this mean to you?

Where do you feel aligned/resistant?

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GROUP DEBRIEF

What came up in your conversations?

What stuck with you?

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MIRROR MOMENTS REFLECTION

In your booklet, answer the questions:

“What do I want students to feel when they’re around me?”

What mindset am I modeling without realizing it?

What would shift if I became more aware of it?

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PRACTICES FOR THE CLASSROOM + THE SOUL

Daily Reframe

A mindset practice that shifts how we interpret a situation, thought, or emotion — moving from self-criticism or overwhelm toward compassion and clarity. It's not toxic positivity. It's a practice of emotional regulation and perspective.

In Practice (Classroom + Soul):

Use this at the end of your day or week with a journal prompt: "Today felt ____, and I'm proud of ____."

Emotional Honesty Starters

Simple sentence stems that normalize expressing emotions with vulnerability and strength. These are tools for self-awareness and connection, not overexposure.

In Practice (Classroom + Soul):

Start staff check-ins or student circles with one of these. Use sticky notes, journals, or morning messages.

3-Breath Reset

A grounding practice that uses mindful breathing to return to the present moment. It helps reset the nervous system, especially in high-stress moments.

In Practice (Classroom + Soul):

Use before meetings, class transitions, or parent calls. Invite students to practice with a hand signal or bell to cue it.

Permission Slips

Inspired by Brené Brown's research, permission slips are written or verbal statements that give yourself emotional or behavioral permission in high-pressure situations.

In Practice (Classroom + Soul):

Write one on a post-it and place it near your desk. Invite students to create their own for test days or transitions.

“Pick one practice to try next week. Practice it with yourself first.”

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MINDSET MIRROR NOTE

Write one sentence you need to hear when the work gets hard

Examples:

“You are doing sacred work.”

“You don’t have to earn rest.”

“You are still becoming.”

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CLOSING PROMPT

Who are you becoming, and *who's watching you do it?*

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FINAL WORDS

You are already shaping lives.

You are not behind. You are not broken.

You are still becoming.

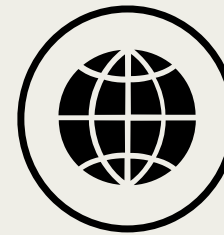
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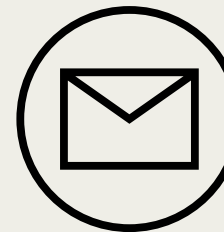
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