



ASPIRE

THE GROWTH MIINDSET PSYCHOLOGY CONFERENCE

October 18th/19th 2017, Doha, Qatar

**@ Doha College, Al Waab Campus,
Al Bustan Street, Al Waab, Doha, Qatar**

For the first time in the Middle East: an international psychology conference for students, teachers and professionals, featuring expert speakers from all over the world including...

KEYNOTE SPEAKER: DR PHILIP ZIMBARDO



WHAT IS THE ASPIRE GROWTH MINDSET CONFERENCE?

ASPIRE: 'Direct one's hopes or ambitions toward achieving something'

The ASPIRE Psychology Conference is a statement to believe it can be done. Knowledge is pointless without application.

It is the first psychology event of its kind in Qatar. A two-day conference, designed to bring together students, teachers and psychology professionals to synergise personal growth and development. Conceptualised and delivered by Passaré Consultancy, whose message is to “pass on what we know”, in conjunction with Doha College, one of the top international schools in the world.

Shaping the future positively and productively is essential and this conference is a brilliant example of bringing that idea to life. The speakers and educators involved come from all over the world; highlighting the international flavor of this event. The event is designed to facilitate experiences of growth and application of knowledge to inspire each other to ASPIRE - that any vision or idea, with the correct purposeful drive can become reality.



WHAT IS THE ASPIRE GROWTH MINDSET CONFERENCE?

Psychology as a scientific discipline is on the rise in the Middle East, opening doors and creating opportunities. It is our challenge to take it further. To produce events and awareness that have never been seen before. We have set the bar extremely high. Bringing the world's most famous psychologist, to be the keynote speaker, at the first ASPIRE Psychology conference in Qatar has set the tone.

Aspirations only go as far as you believe. Just one year ago, it would be unimaginable, for some, that Dr. Philip Zimbardo would be speaking in Doha, Qatar. However, here we are on the cusp of the most exciting and innovative psychology-related occasion ever in the Middle East. The ASPIRE

Psychology conference is a two-day event which incorporates professional development training and student workshops on day one. It culminates with the ASPIRE conference itself on day two. This is a day of engaging and informative talks, seminars and Q&A with experts in the field of psychology including cognitive psychology, social psychology, mental health and treatments.

Due to the dedication, hard work and belief of every individual involved in this event, (from conceptualisation in a two-person discussion), to the numerous people bringing this to the stage; we are able to bring this conference to the world...



WHAT IS THE ASPIRE GROWTH MINDSET CONFERENCE?

'So, what's stopping every single person doing something more? Are you preventing your own aspirations from becoming reality? What is stopping you ASPIRE?

We all have ideas, and yes, they are often easier said than done. However, we did not tell you to say it, we told you to do it. Obstacles in your way are not a reason to stop. Stumbling and falling is not a sign to give up. The only real limitations are those you put on yourself. We can always find a way, sometimes it starts with one person. Let that one be you.

This is the embodiment of the ASPIRE Growth Mindset Psychology conference. It began as an idea in the head of one person, an idea that very few believed in. With persistence, enthusiasm and purpose that idea became a conversation, that became a reality.

Martyn Stewart (CPsychol)

DOHA COLLEGE

Doha College is the leading British international school in Doha, Qatar based on examination results alone. As a pioneer school in High Performance Learning, we offer an outstanding education for boys and girls between the ages of 3 and 18.

The psychology department has produced consistently outstanding results over a sustained period of time. We are very proud to be working in collaboration with Passaré Consultancy to bring an event of this magnitude to Doha.

For all the students and professionals involved it truly is a once in a lifetime event!





DAY 1: MODULE: FOSTERING THE GROWTH MINDSET CPD DELIVERED BY DR. PHILIP ZIMBARDO

The Mindset Intervention: Replacing a 'Fixed' Mindset with a 'Growth' Mindset

A fixed mindset is a belief that 'one cannot change one's abilities or personal characteristics, such as intelligence'.

This training programme will aim to shift this outdated, unbeneficial thought process into a growth mindset: 'the belief that one can improve aspects of oneself with time and effort'.

The Heroic Imagination Project (HIP) is a non-profit organization that teaches people how to take effective action in challenging situations. It was founded by Dr. Philip Zimbardo, Professor Emeritus of Psychology at Stanford University. HIP translates the extensive research findings of social psychology and related fields into meaningful insights and tools, that individuals can use in their everyday lives, to transform negative situations and create positive social change.

Dr. Zimbardo has studied the psychological foundations of negative forms of social influence, (such as conformity, obedience, and the bystander effect), and is now refocused on understanding the nature of everyday heroism, as well as the psychology of personal and social growth. Today's training will focus on the module of 'fostering a growth mindset' for staff, teachers and psychology professionals to implement into their own organisations.

HIP also conducts original research on the psychology of personal, social, and systemic growth, specifically focusing on the academic and social success of students. The HIP Mission is to teach individuals the skills and awareness needed to make effective decisions in challenging situations. This mission is realized, in part, by exposing participants to a series of unique educational lessons, or social interventions, focused on encouraging heroic behaviour.

DAY 1: MODULE: FOSTERING THE GROWTH MINDSET CPD DELIVERED BY DR. PHILIP ZIMBARDO

GENERAL OUTLINE OF THE DAY (Timings are approximate)

9.15 – 9.30am: **Arrivals and Refreshments**

9.30 – 10.00: **ASPIRE Conference Registration**

10.00 – 11.00am: **PART ONE – GROWTH MINDSET INTRODUCTION**

Dr. Zimbardo will address topics including what is a growth mindset; understanding growth mindset; fixed v's growth intelligence mindset; growth mindset, motivation and success; fostering a growth mindset; learning objectives;

11.00 – 11.20: **Break for refreshment and discussion**

11.20 – 12.20: **PART TWO - UNCOVERING THE HIDDEN POWER OF SOCIAL SITUATIONS**

Dr. Zimbardo challenges you to ask 'what would you do?' and explores the science of social situations

12.20 – 13.20: **Lunch**

13.20 – 14.20: **PART THREE – LEARNING TO MAKE CHANGE**

Dr. Zimbardo encourages you to 'think of a time', 'decide for yourself', 'learn effective change-making strategies' and 'plan for the next challenge'. Learning the skills to implement these changes into your learners and organisations

14.20 – 14.40: **Break for refreshment and discussion**

14.40 – 15.40: **PART FOUR – GETTING STARTED**

Dr. Zimbardo guides you to take action by reflecting on what you have learned; Spreading the word and sending a message from you to yourself!

15.40 - 16.00: **Questions and Closing**





DAY I: EXAM REVISION STRATEGIES WORKSHOP (FOR STUDENTS ONLY)

The day encompasses a fun, engaging and interactive workshop full of independent, paired and group working, separated into four sessions. The students will assess their retention and recall of the content and knowledge acquired, recalling systematically throughout the day, without realizing.

The session is based on psychological theories and memory research, and will involve students facing their fears, pressures and expectations about revision. They will rip down their excuses using a range of interactive discussion tasks, seminars based on psychological research and activities where students are moving around and on their feet and interacting with other learners.

THE REVISION LIE

The students' views on revision will be challenged. Actively. They learn, (by participation), that there is a huge difference between 'learning content' and 'revising content'. Many students do not know this but will be introduced to various revision strategies to learn and engage with content. These strategies will create more neural connections with the material. The aim is to increase the memory traces on the brain. Students will then be taught how and when to revise. The strength of this session is that students can assess the effectiveness of the activity, and the learning, as they have their own BEFORE and AFTER evidence.

REVISION IS PERSONAL

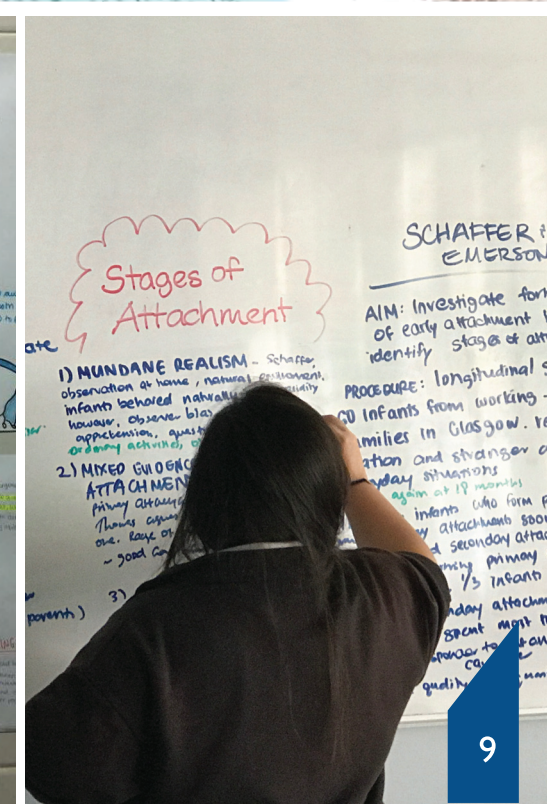
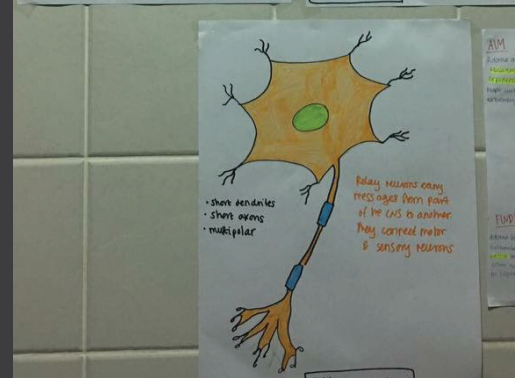
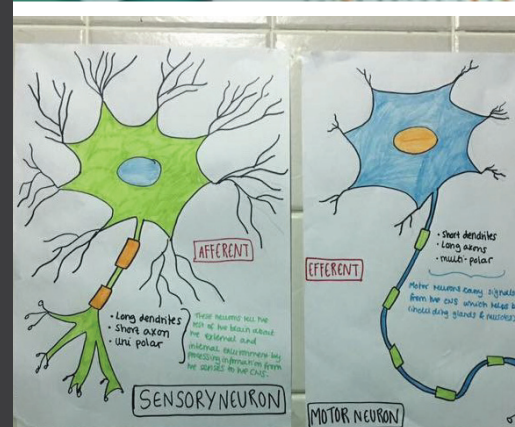
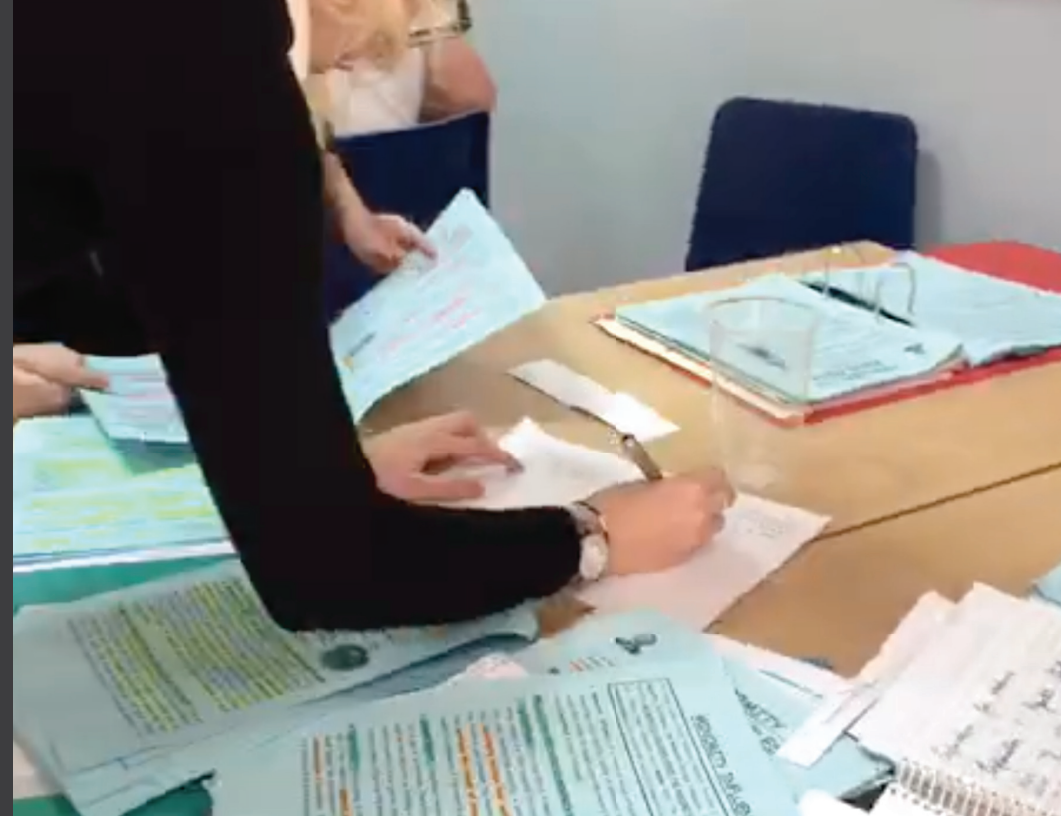
The students then embark on the next session, highlighting their own revision strengths and limitations. Students often become habitually 'stuck in their ways' and look for others to support these viewpoints. This session allows them to indulge these feelings for a moment, interacting with students who hold similar views. They showcase the strategies they use, and like, as a group before they are then challenged to remove themselves from their comfort zones. They are encouraged to find new strategies that work for them by testing them out in a 'revision marketplace'. The outcome is that every student leaves with at least one new strategy, (that they have personally tested), and knows works for them.

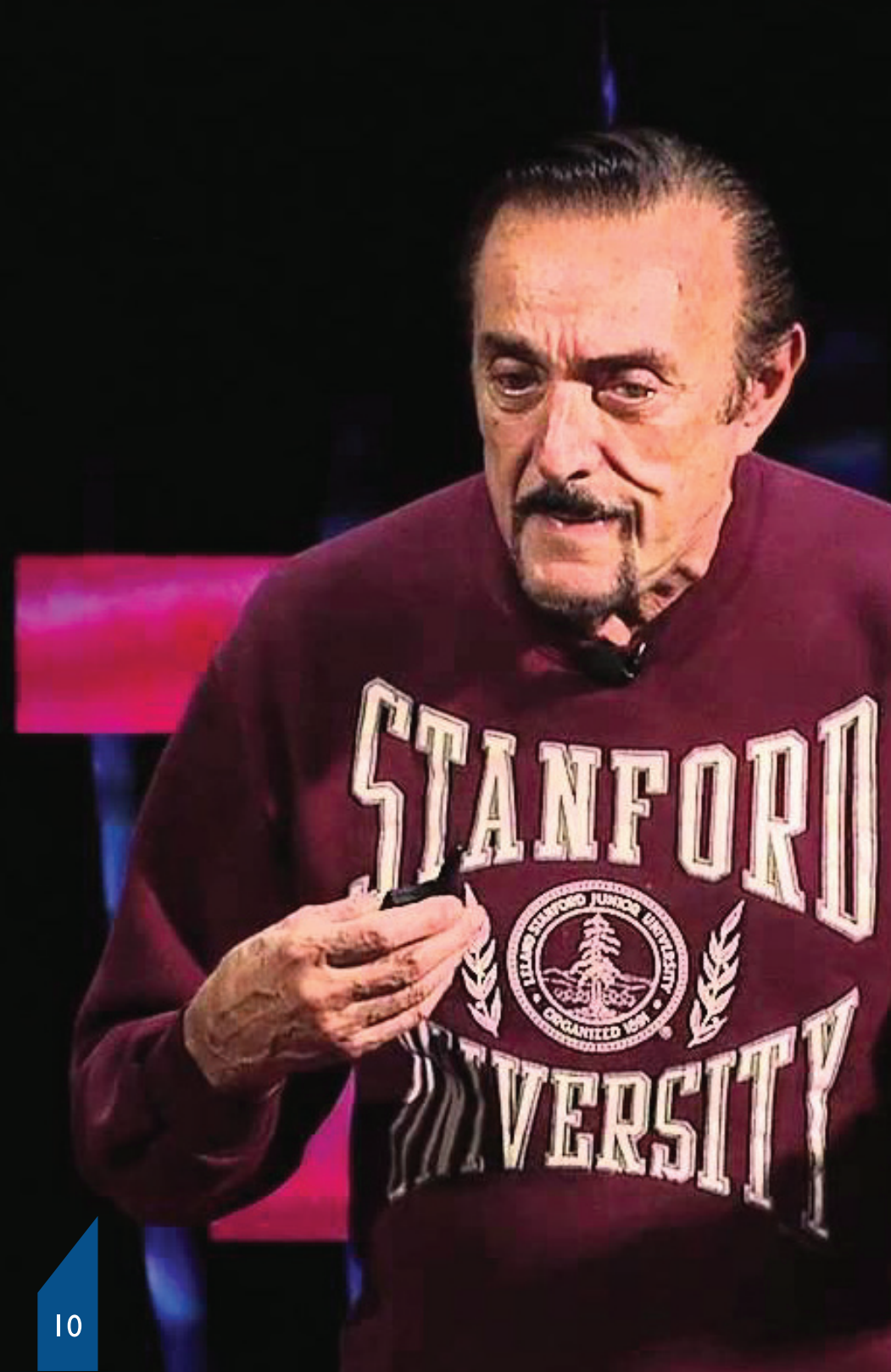
SUPERCHARGE YOUR REVISION

Supercharging their revision makes students change their idea of the revision from an 'event' that happens at the end of the course, to a process and a 'project' that starts from day one. It occurs alongside their learning. Their supersized project is the partner to their learning. It will take on a psychological life of its own as it grows and grows. It takes on more significance as more retrieval cues and neural connections are added. The individual investment generates the personal semantic meaning. The students will change the content they are asked to learn in order for it to have personal significance. This activity will be fun, but simultaneously create long-lasting memories that are easier to engage with and recall.

THE REVISION RESPONSIBILITY

This is where students take responsibility and ownership for their revision. For those who put too much pressure on themselves, they learn how to take some off. For those who don't push themselves enough, they learn to step it up. They will be taught techniques that actually allow them to make individual change, rather than being given a generic revision timetable that works for some but not others. Students take home everything that they use from the day.





DAY 2: THE ASPIRE GROWTH MINDSET PSYCHOLOGY CONFERENCE

KEYNOTE SPEAKER: DR PHILIP ZIMBARDO

Dr. Zimbardo is an internationally recognised scholar, educator, researcher and media personality. He has won numerous awards and honours in each of these domains. He was a psychology professor at Stanford University for over 40 years, having previously taught at Yale, NYU and Columbia.

Dr. Zimbardo's career is noted for many endeavours, including his research into shyness, time perspective and why boys are failing academically and socially. However, his most recognisable work is the infamous Stanford Prison Experiment study. He was involved with the popular US television series 'Discovering Psychology' and has written numerous academic books amongst his 300 publications. He was recently the president of the American Psychological Association and is recognised as one of the world's most motivational and well-known speakers in psychology.



DAY 2: THE ASPIRE GROWTH MINDSET PSYCHOLOGY CONFERENCE

MARTYN STEWART (CPsychol)

Martyn Stewart is an international educator, consultant, author and motivational speaker. He is a chartered psychologist with the British Psychological Society and currently Head of Psychology at Doha College. His diversely unique career has spanned over 15 years, working with organisations including Manchester City F.C., Rotana Hotels and COBIS to improve performance. His innovative cognitive-behaviour change programmes have transformed the lives of many students, teachers and corporate professionals.

He is an expert in addressing stress, confidence, fear, self-esteem and interpersonal relationships. For example, his revolutionary social inclusion and mentoring programme changed the face of education provision for many youths on the edge of gang culture in Manchester, England; many of whom went on later to achieve academic and social success. He received several awards for this work. Martyn is British Schools Overseas (BSO) inspection trained for PENTA, with a phenomenal 100% pass rate for A-Level Psychology whilst consistently performing in the top 1% of colleges for student value-added.





DAY 2: THE ASPIRE GROWTH MINDSET PSYCHOLOGY CONFERENCE

PROFESSOR PETER WOODRUFF

Professor Woodruff was Professor of Academic Clinical Psychiatry and Head of the Department of Psychiatry at the University of Sheffield in England, from 1999. In this position, he set up the internationally renowned Sheffield Cognition and Neuroimaging Laboratory (SCANlab) and was Deputy Head of Neuroscience.

His research interests include studies of the phenomenology and pathophysiology of schizophrenia, identifying mechanisms that lead to auditory hallucinations and determining how these symptoms may be alleviated using new techniques and treatments.

Peter is now chairman of the Psychiatry Department at Hamad Medical Corporation (HMC), which is the main provider of specialist mental healthcare in Qatar. HMC are developing their mental health services to ensure that treatment options cater to the diversity of their patients and their individual treatment needs.



DAY 2: THE ASPIRE GROWTH MINDSET PSYCHOLOGY CONFERENCE

LENNICIA HUNTLEY (MSc)

Lennicia Huntley has a Masters' degree in Applied Clinical Psychology and is currently working as the Lead Assistant Psychologist at the 'Just Psychology' community; an organisation in Manchester, England which specialises in mental health and well-being of children, adults and families.

They place particular emphasis on adaptable cross-culture benefits for the community, especially vulnerable Black and Minority Ethnic (BME) groups. Her interest in Psychology is highlighted by some of her research into Social Defeat and Paranoia, which considered the impact of attributional biases.

She has also been involved with studies on 'the efficacy of newly developed targeted CBT for psychosis'. Lennicia currently delivers mental health and well-being interventions to children aged 5-12 years. She has also held research positions in the National Health Service (NHS) and at the University of Birmingham.





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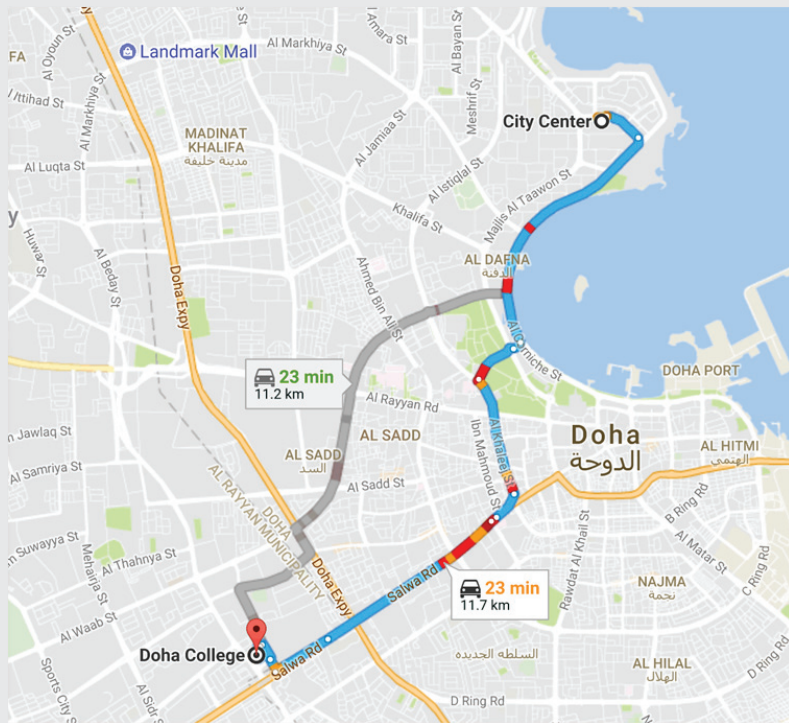
Day 1

TIME	GROWTH MINDSET CPD	TIME	EXAM REVISION WORKSHOP
PROFESSIONALS	LOCATION: CONFERENCE ROOM	STUDENTS	LOCATION: AUDITORIUM
9.15 – 9.30am	Arrivals and Refreshments	9.15 – 9.30am	Arrival and Refreshments
9.30 – 10.00am	ASPIRE Conference Registration	9.30 – 10.00am	Registration and Introduction
10.00 – 11.00am	Part One: with Dr. Zimbardo	10.15 – 11.15am	Part One: THE REVISION LIE
11.00 – 11.20am	Break for refreshment and discussion	11.15 – 11.30am	Break and sharing of ideas
11.20 – 12.20pm	Part Two: with Dr. Zimbardo	11.30 – 12.30pm	Part Two: REVISION IS PERSONAL
12.20 – 13.20pm	Lunch	12.30 – 13.30pm	Lunch
13.20 – 14.20pm	Part Three: with Dr. Zimbardo	13.30 – 14.30pm	Part Three: SUPERCHARGE YOUR REVISION
14.20 – 14.40pm	Break for refreshment and discussion	14.30 – 14.45pm	Break and sharing of ideas
14.40 – 15.40pm	Part Four: with Dr. Zimbardo	14.45 – 15.45pm	Part Four: HONESTY, REVISION AND YOU
15.40 – 16.00pm	Questions and Closing	15.45 – 16.00pm	Questions and Closing

Day 2

TIME	LOCATION: AUDITORIUM
9.15 – 9.30am	Arrival and registration
9.30 – 10.00am	Seating and Introduction
10.00 – 11.00am	Professor Peter Woodruff Hamad Psychiatric Hospital
11.00 – 11.15am	Interlude 1 & Break
11.15 – 12.15pm	Lennicia Huntley MSc Just Psychology Community Intervention
12.15 – 13.20pm	Lunch - Re-Seating, and Interlude 2
13.20 – 14.20pm	Martyn Stewart (CPsychol) Passaré Consultancy / Doha College
14.20 – 14.30pm	Short Break and Interlude 3
14.30 – 16.00pm	Dr. Philip Zimbardo Heroic Imagination Project

16.00 - Questions, Book Signings, Selfies and Closing



MAP & DIRECTIONS

Directions from the city centre

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Twitter: [@zimbardoindoha](https://twitter.com/zimbardoindoha) / [@findasolutionuk](https://twitter.com/findasolutionuk) / [@dohacollege](https://twitter.com/dohacollege)

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