

The Expertise Mindset



There are certain experiences,
there are certain opportunities,
and there are certain jobs ... that only experts get invited to.

Learn the expertise mindset.

Do you want to be an expert?

This simple question ignites a discovery of how and why some people become experts and others do not. The question itself demands an exploration of goal setting. Becoming an expert is deliberate. People don't just drift through life and arrive at excellence. Experts set goals, and the more specific the goal the greater the probability of achieving it.

'Why do you want to be an expert' seeks to understand the motivation behind our actions. The greatest motivator is the progress that leads to successful learning, raising self-esteem. Aristotle said *human beings seek self-esteem and happiness more than anything else*. Happy people work on their strengths to attain excellence and transform their self image. Excellence begets excellence.

The purest form of intrinsic motivation is 'flow', a term coined from the wonderful work of Csiksentmihalyi on the pursuit of optimal experience. Like all concepts in this workshop, creating the conditions for generating 'flow' is a learned metacognitive skill.

How long does it take to become an expert? At least 10 000 hours, according to researchers. This is a similar investment of time that many commit to watching television over a 10-year period. How do you use *your* leisure time?

Experts learn a growth mindset. Challenges are embraced, opportunities are found in crisis, and destiny is self-determined.

If you change your mind, you can change your life.

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has been presenting for schools and conferences in more than 20 countries. His primary focus on achievement and motivation encourages independent thinking, reflection, participation and action.

Other workshops include:

[How are you smart?](#) Celebrating multiple intelligence with middle years students.

[Study, Stress and Music](#) Addresses the issue of learning arousal and distraction when studying to background music.



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