

# The Upstream Mindset with Greg Mitchell

# COURSE

**Shift from reacting to problems to preventing them, develop proactive thinking, resilience, and a mindset for lasting well-being.**



## About This Course

In an ever-changing and fast-paced world, it's easy to get stuck in reactive mode, constantly firefighting challenges as they arise. In this powerful session, Greg Mitchell introduces *The Upstream Mindset*, a practical and transformative framework that helps individuals, teams, and families move from reaction to prevention.

Through engaging discussion and interactive exercises, participants will explore the *art of thinking upstream*: addressing problems before they occur, developing flexible thinking, and cultivating emotional resilience.

Drawing on real-world examples and decades of leadership experience, Greg guides attendees to understand the root causes of recurring issues, adopt proactive strategies, and build habits that support long-term success, both personally and professionally.



## Learning Objectives

By the end of this course, educators will be able to:

**Identify Root Causes:**

Learn to recognise underlying factors behind recurring problems instead of only treating surface-level symptoms.

**Develop Preventative Strategies:**

Build systems and habits that stop issues from arising in the first place.

**Cultivate Mental Flexibility:**

Strengthen the ability to adapt quickly to change and uncertainty.

**Foster Emotional Resilience:**

Develop awareness and tools to maintain balance and optimism during challenging times.

**Adopt a Proactive Mindset:**

Create a culture of forward-thinking and personal accountability at work, school, and home.



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This session is ideal for anyone seeking to lead with clarity, stay calm under pressure, and transform daily challenges into opportunities for growth.

## Why This Matters for Educators and Families

The *Upstream Mindset* isn't just for leaders, it's a life skill that benefits every home, school, and organisation. Families and educators who apply these principles can:

- **Prevent Conflict Before It Starts:** Recognise patterns and triggers early to maintain harmony and understanding.
- **Improve Communication:** Address underlying causes of tension rather than surface-level disagreements.
- **Build Resilience Together:** Foster an environment where mistakes are learning opportunities, not setbacks.
- **Encourage Accountability:** Empower children and adults alike to take ownership of their actions and decisions.

By learning to think upstream, families and teams create calmer, more connected environments where everyone can thrive.

## About the Presenter

Greg Mitchell is a highly respected leadership consultant, educator, and problem-solving expert with a career spanning multiple sectors. Known for his engaging and relatable style, Greg has spent decades helping schools, organisations, and communities adopt proactive strategies that promote innovation, communication, and emotional intelligence.

His workshops are renowned for blending humour, storytelling, and evidence-based practice, leaving participants not just informed, but inspired to take immediate action.

## Perfect For

- Educators and leaders seeking proactive strategies for improving well-being and culture.
- Families wanting to enhance communication and harmony at home.
- Teams and workplaces looking to move from crisis management to forward planning.
- Anyone ready to replace reactive thinking with proactive, purposeful action.