



# Growing (Thriving) Minds Towards 21<sup>st</sup> Century Competencies



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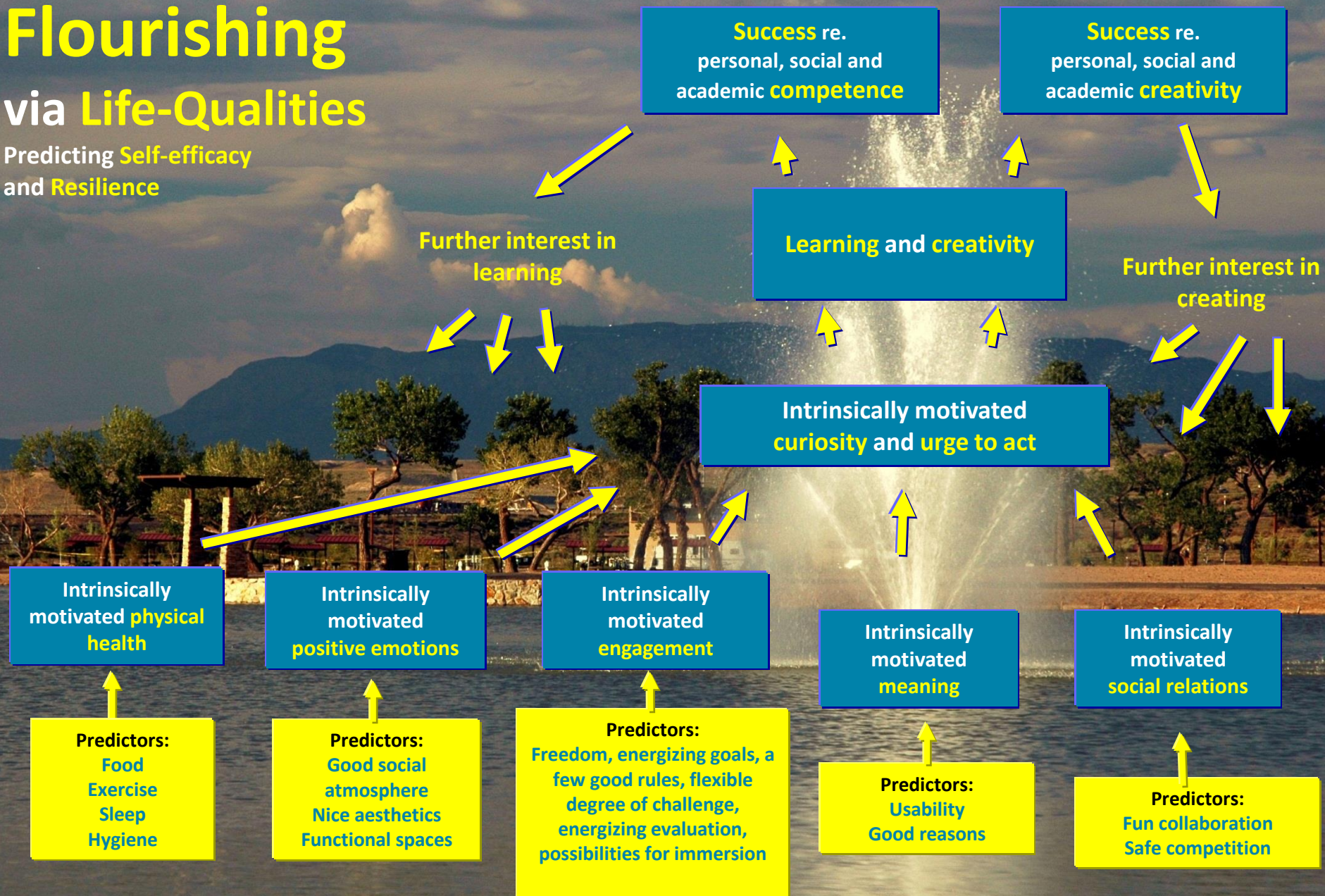






# Flourishing via Life-Qualities

Predicting **Self-efficacy**  
and **Resilience**



**Basic needs for self-regulation and strengths-based growth**



# Flourishing via Life-Qualities

Predicting Self-efficacy  
and Resilience

Every one of these life-qualities  
can be trained or neglected  
by the individual  
-  
and promoted or inhibited  
by the environment



Basic needs for self-regulation and strengths-based growth

# Flourishing via Life-Qualities

Predicting Self-efficacy  
and Resilience



Basic needs for self-regulation and strengths-based growth



# Flourishing via Life-Qualities

Predicting Self-efficacy  
and Resilience



May you be able to  
improve something ?

Basic needs for self-regulation and strengths-based growth



# Curiosity as Nature's own recipe against boredom and anxiety

*“Curious learning not only makes  
unpleasant things less unpleasant  
but also makes pleasant things  
more pleasant”*

*Bertrand Russell*







Josephine Knoop, 1999

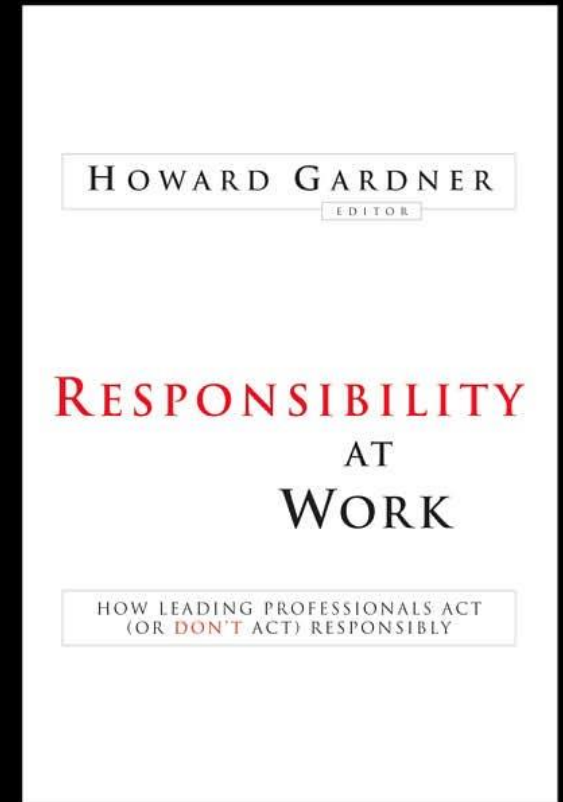
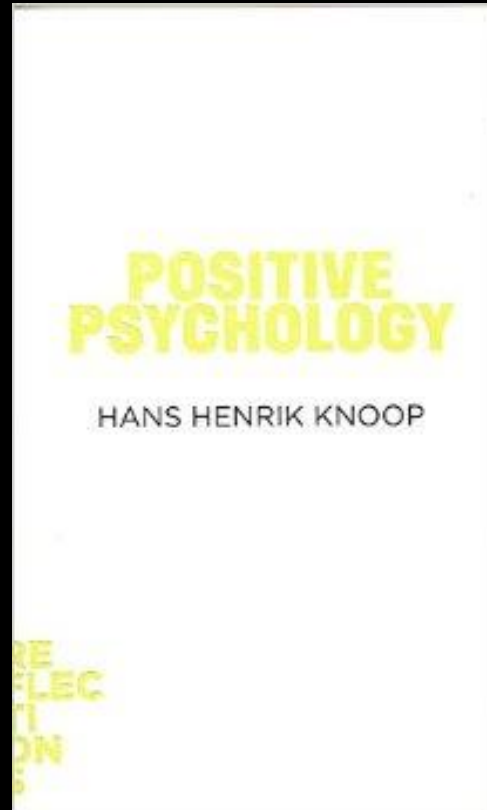
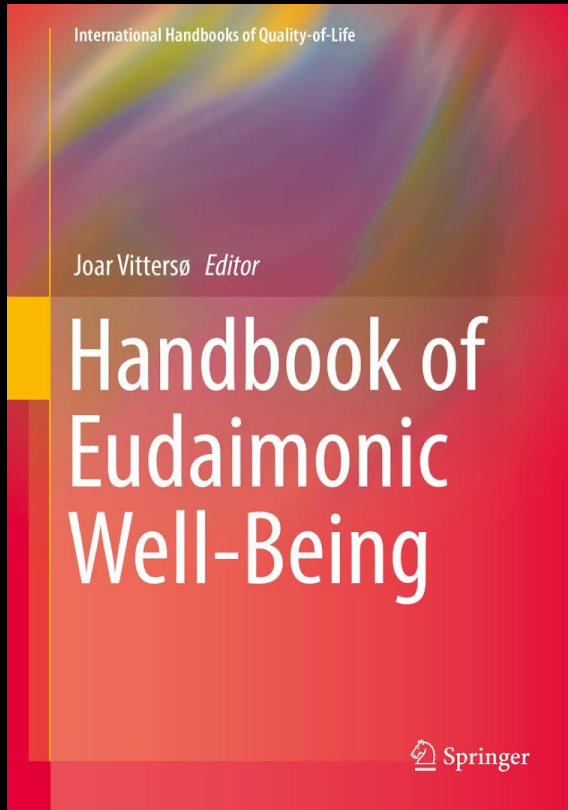




**Thank You !**

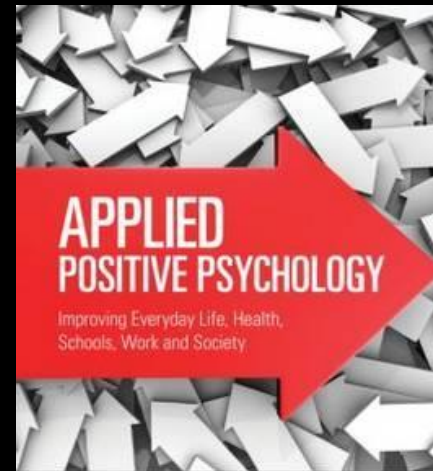
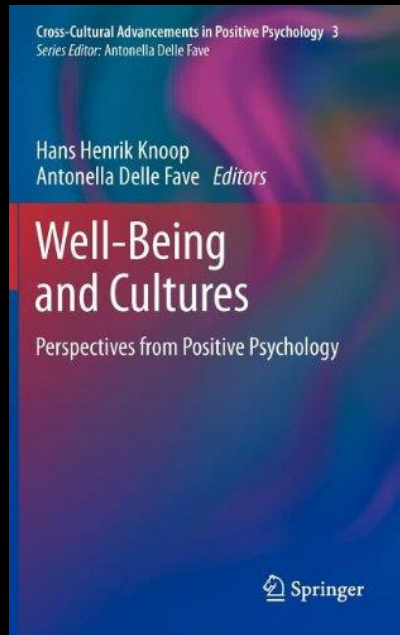


# References

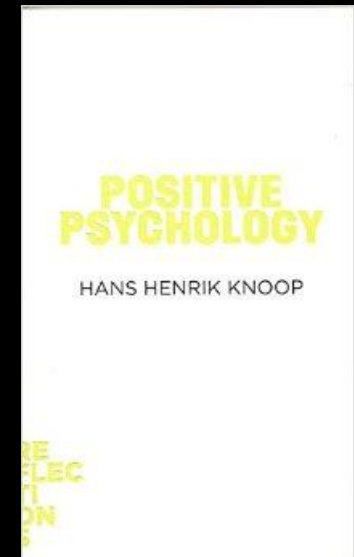




# Read on



Edited by  
Stewart I. Donaldson,  
Mihaly Csikszentmihalyi  
and Jeanne Nakamura



<http://www.amazon.com/Positive-Psychology-Reflections-Henrik-Knoop/dp/8771243526>

