

Moving Beyond Failure: How to Learn and Grow from Mistakes

Presented

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Discussion 1

- ▶ What is your definition of failure and mistake?
- ▶ Are they similar? Why
- ▶ Are they different? Why

Basic Facts About Mistakes/Failures

- ▶ Mistakes/Failure are inevitable
- ▶ There is no success without failure or mistakes
- ▶ Mistake/Failure are simply a form of practice
- ▶ Mistake/Failure are not the end of the road
- ▶ Mistake/Failure makes for a healthier ego
- ▶ Mistake/Failure brings us closer to success
- ▶ Mistake/Failure is temporary



Discussion 2 (Small Groups)

Take a few minutes and think about a time when you made a really bad mistake. Write down what happened: what was the mistake, why did you make it, how did you feel, what could you have done differently? Reflect a bit more and write down what you learned from making the mistake--maybe about what you were trying to accomplish or about yourself. Divide into small groups and share your experience with others.

The Five As of Dealing with Mistakes/Failures

- ▶ Acknowledge – Without excuses or shamming yourself
- ▶ Accept – Everyone makes mistakes.
- ▶ Apologize – “I am sorry” are very powerful words
- ▶ Adjust – Don’t judge yourself, just forgive yourself
- ▶ Apply – Apply the wisdom learned and carry it as positive experience

“In life, there are no mistakes, only lessons.” Vic Johnson

Discussion 3a (Small Groups)

- ▶ Dennis, an accountant, was part of an audit team for a large corporation. As he was reporting some data findings to his project manager and the rest of the team, his manager pointed out an incorrect assumption Dennis made that resulted in erroneous figures and that could have legal repercussions. Fortunately, the mistake was found before the results were presented publicly and Dennis was able to correct his reports. Unfortunately, this incident left Dennis feeling incompetent, embarrassed and questioning his professional abilities. Dennis is your friend, how would you advice him.

Discussion 3b (Small Groups)

- ▶ Diana, a president of student organization supposed to present her annual report to members of the association. As she was presenting, members of the association identified a lot of mistakes in her grammar and few typos on almost each slide. Few days after the meeting, some of the members started calling for Diana's removal from the position. Unfortunately, this incident left Diana feeling incompetent, embarrassed and questioning his leadership abilities. You're a member of the association and Diana is your friend, how would you advise her.

Discussion 3c (Small Groups)

- ▶ James applied to ten graduate schools after his undergraduate program. His GPA is 3.60 and GRE score of 60 percentile, he also worked so hard with two different professors on few research projects during his undergraduate program. To James' surprise none of the programs offered him admission. This situation left James disappointed and frustrated. James is a member of an association that you're a leader of and he confined in you that he sees himself as a failure and sometimes want to commit suicide. What would be your approach?

Negative effect of failure/mistake

If you don't handle failure well, it can lead to

- ▶ Denial
- ▶ Blame
- ▶ Self pity
- ▶ And even cause you to quit when you didn't need to.

Strategies to Push past Failures/Mistakes

- ▶ Accept and process it
- ▶ Talk about it
- ▶ Find like company
- ▶ Challenge yourself to do it again
- ▶ Focus on the positive

SUCCESS IS NOT FINAL,

FAILURE IS NOT FATAL:

IT IS THE COURAGE

TO CONTINUE THAT COUNTS.

-WINSTON CHURCHILL

The Importance of *Mistake/Failure*

- ▶ It's a learning Experience
- ▶ It builds Character
- ▶ It makes you Stronger
- ▶ Your chances of Succeeding Increases
- ▶ Failure/Mistake is a type of Freedom

Qualities of Leaders who Overcome Failures

Leaders who overcome Failure;

- ▶ Learn the relationship between risk and reward
- ▶ Value chemistry with their teammates
- ▶ Work hard to continually improve
- ▶ Recognize opportunity
- ▶ Are no longer complacent
- ▶ Begin focusing on making others successful
- ▶ Become increasingly aware of obstacles

Qualities of Leaders who Overcome Failures (Cont'd)

- ▶ Develop great anticipation
- ▶ Trust in their preparation
- ▶ Are resilient
- ▶ Are humble and learn from others
- ▶ Now focus on their successes, not their failures
- ▶ Know failure is never final
- ▶ Leave their mistakes behind but move on with the lesson learned
- ▶ Celebrate Progress/success

Final Thoughts

