Harnessing Curiosity, Failing Forward

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Good to meet...!

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Human potential, holistic success
What **success** are you celebrating right now?
Our path today

• Talk ourselves into **opportunities** for potential **failure**

• Use **curiosity** to learn from **past** failures

• Identity all the **growth** and **self-understanding** that comes from failure
SUCCESS COACHING AND LEARNING STRATEGIES

Reach High!
If you don’t have room to fail,
you don’t have room to grow.

-Jonathan Mildenhall
Fear of Failure

• May lead to **limiting beliefs**
  • The things we tell ourselves that are true, with little or no evidence, that put limits on our potential.
    • *I’m not good enough*
    • *No one will like my plan*
    • *This idea will fail*

• Can create **inaction**
This idea will fail.

Limiting belief!

How true is this?

What evidence is there that it will fail?

What will I learn *if* it fails?

action
Failure and Negativity

- **Negativity bias**: we see the “negative” before the “neutral” and the “positive”
• **Neutral** emotion  *guilt*  *shame*

• Mindfulness/metacognition
  • Thinking about the failure, not just experiencing it

• **How...? How come...?**
  • Self-understanding, finding the lesson, strategy for next time, hidden strength, naming gratitude
Failing...

• Think about a recent failure.

  • What risk/challenge did you face, in order to fail?
  • What led to the failure?
  • How did it impact you? How do you feel about it?
• What do you **better understand** about yourself?

• What **lesson** did you learn?

• What will you **do differently** in the future?

• What **strengths** did you utilize, show?

• What are you **grateful** for?
How do you **want to feel** about the failure?

How does this failure move you **forward**?