



Today's discussion

- 1. Thinking about failure
- 2. What to do when you're failing
- 3. Recovering and moving on
- 4. When you're the boss





1. Thinking about failure





How failing can feel

- Goals seem tougher
- Motivation wanes
- We become risk averse
- Creativity is limited
- We feel helpless
- We make incorrect and damaging generalizations

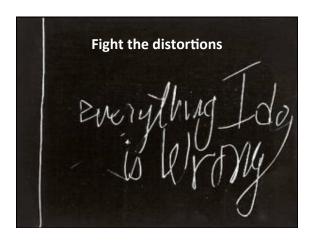




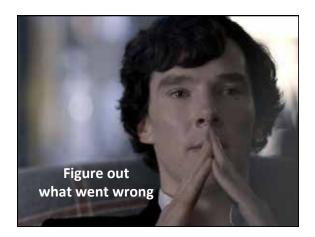














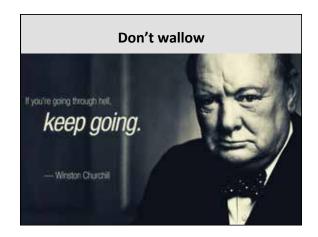
Communicate the new approach

- Desired outcome point of doing this
- What happened with the initial attempt
- What has been changed to address that
- What to expect with a retry









Go easy on the self-medication

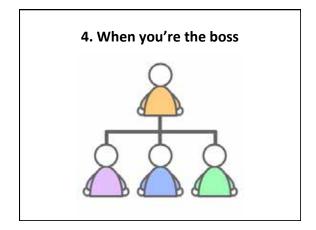






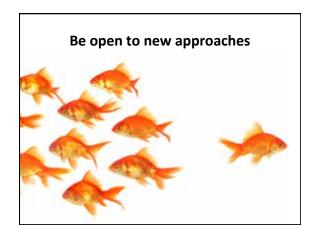














Offer constructive feedback

- Re-affirm the overall goal
- Point out what did work
- Discuss what didn't work
- Normalize the failure
- If you see a pattern, confront it
- Suggest specific techniques to improve performance/outcomes in the future
- Acknowledge the benefit of doing something







Don't forget: success can be stressful too!



