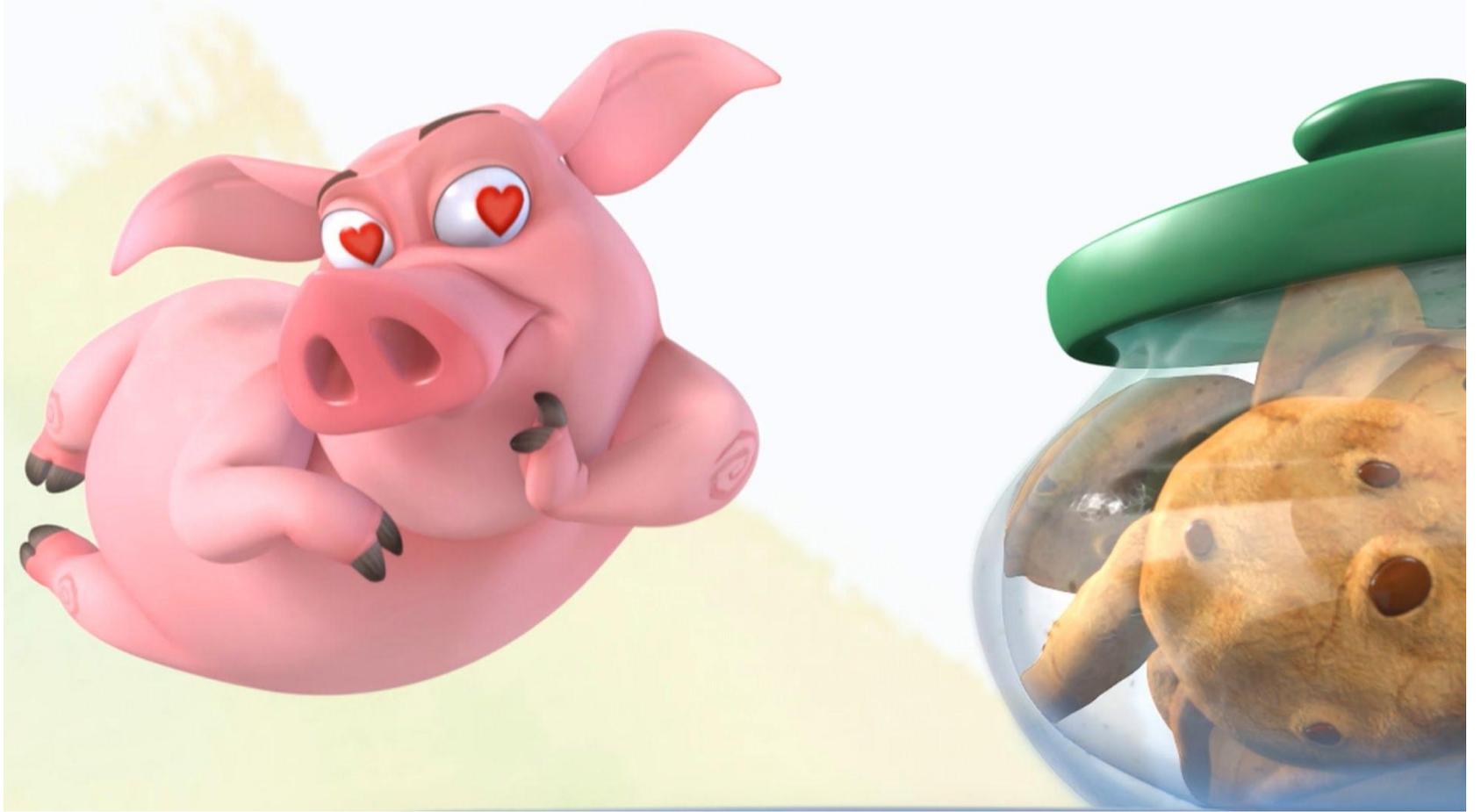


# STRATEGIES FOR HANDLING FAILURE

Cathy O'Connor, Anita Curran,  
Melissa Carey and Rachael Kenny





**KEEP CALM**

**ITS**

**QUIZ TIME**

# #1. DON'T MAKE IT PERSONAL.

Separate the failure from your identity.

Just because you haven't found a successful way of doing something (yet) doesn't mean you are a failure.



# ABRAHAM LINCOLN

Lost a congressional race at 34

Lost a senatorial race at age 45

Failed to become Vice President at age 47

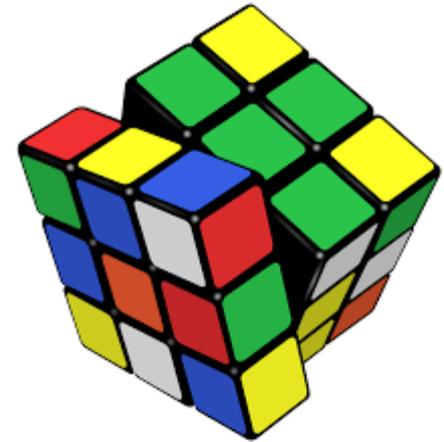
Lost a senatorial race at 49

But he was elected as the  
President of the United States  
At the age of 52!



## #2. LEARN AND ADAPT.

Approach the failure as a problem that needs to be solved.



### **Ask yourself**

- Why did you fail?
- What could you do to have a better outcome next time?
- Was the failure beyond your control?

# FRIDA KAHLO

Frida Kahlo contracted polio  
At the age of 6 which destroyed  
Her right leg.  
She was in a bus accident at the  
Age of 18 and broke her spine  
And other bones.  
She used painting as a way of  
Overcoming her suffering and  
Became one of the most successful  
Mexican artists.



# #3 STOP DWELLING ON IT.

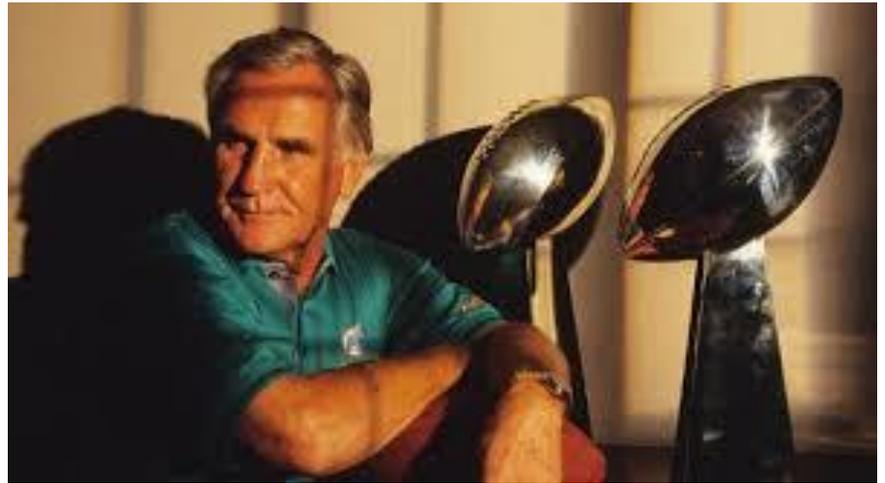
Thinking about over your failure all the time will not change the outcome. In fact, it will only make you more likely to fail again and unable to move on.

The faster you take a positive step forward, the quicker you can leave your negative thoughts behind.



# DON SHULA

Don Shula, a successful NFL coach, had a “24-hour rule” to stop thinking about past failures. The coach allowed himself and his players 24 hours, Shula encouraged them to feel their emotions of success of failure as deeply as they could. The next day, they would focus on their next challenge.



# #4 AVOID SEEKING OTHER PEOPLE'S APPROVAL

Often our fear of failure is because of our fear of being judged and losing other people's respect we easily get influenced by what people say about us.

Remember, this is your life, not theirs. What one person thinks is true about you does not mean it is the truth.



# OPRAH WINFREY

Oprah Winfrey was fired from her first TV job because someone thought she was “unfit for TV”. But now she is considered the Queen of All Media and, by some, the most influential woman in the world.



# Stress bucket.....



# Final thoughts.....

THINK OF A TIME WHEN YOU  
WORKED REALLY HARD ON  
SOMETHING AND YOU  
SUCCEEDED.

WHAT STRATEGY DID YOU USE  
TO HELP YOU SUCCEED?

