

RESILIENCE AFTER SETBACKS

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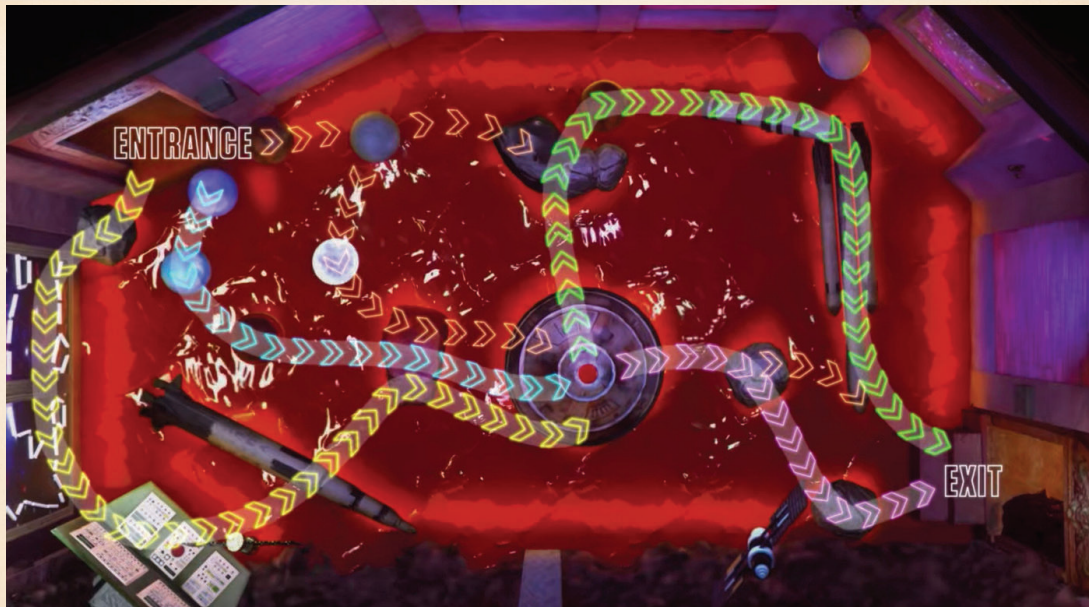
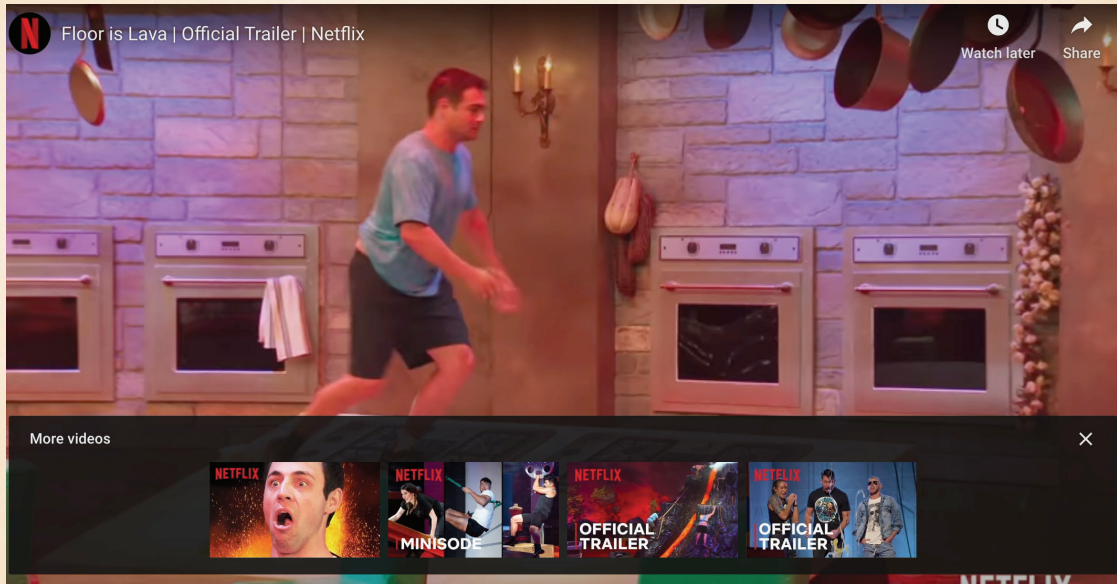
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RESILIENCE AFTER SETBACKS

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WHAT'S SO RISKY?

THINKING FAILURE IS AVOIDABLE

THINKING FAILURE IS AN EVENT



WHAT'S SO RISKY?

THINKING FAILURE IS OBJECTIVE

THINKING FAILURE IS A STIGMA



WHAT'S SO RISKY?

THINKING FAILURE IS THE ENEMY



WHAT CAUSED THE FAILURE?

SITUATION?
SOMEONE ELSE?
SELF?



FAILURE OR SHORTFALL

UNREALISTIC EXPECTATIONS





FIND SUCCESS IN THE FAILURE

“THE GEM CANNOT BE POLISHED WITHOUT
FRICTION, NOR THE MAN PERFECTED
WITHOUT TRIALS”



LESSONS LEARNED

VULNERABILITY



AM I GRATEFUL?

FORWARD THINKING





TRANSITION FAILURE TO SUCCESS

DRAW DIVIDENDS FROM DEFEAT



WHO CAN HELP?

FORM YOUR INNER CIRCLE EARLY



NEXT STEPS?

TAKE ACTION





❖ Failing Forward - Turning Mistakes into Stepping Stones. John C. Maxwell

❖ Bounce back stronger after failure.

<https://www.forbes.com/sites/jodiecook/2021/12/03/7-ways-to-bounce-back-stronger-after-failure/?sh=6fb9bfcf5646>

❖ Psychology Today. <https://www.psychologytoday.com/us/blog/tech-support/201510/4-proven-ways-bounce-back-failure>

❖ Seven outstanding ways to overcome failure and succeed. <https://www.forbes.com/sites/forbesbusinesscouncil/2020/10/20/seven-outstanding-ways-to-overcome-failure-and-succeed/?sh=4a9ef7e94200>