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National Institute for Learning Disabilities
National Center for Learning Disabilities

Forging Ahead From Failure

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National Institute for Learning Disabilities
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How Far We've Come

- Walking
- Talking
- Swimming
- Feeding ourselves
- Playing
- Reading
- Writing
- Reciting the times tables



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Learning Objectives

- View failure as a possible consequence of daily activities and prepare for it.
- Discuss situations to assess the typical reactions to failure.
- Acquire steps to take in the future to mitigate the possibility of failure and make it more manageable.



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When Up Leads Down

- Mess-up
- Blow-up
- Cover-up
- Speed-up
- Back-up
- Give-up
- Wake-up
- Fess-up



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Relating To Failure

<u>Negatively</u>	<u>Positively</u>
• Blame others • Repeat same mistake • Expect to not fail again • Expect to always fail • Accept status quo • Be limited by past • Think - I am a failure • Quit	• Take responsibility • Learn from each mistake • Know failure is progress • Have positive attitude • Challenge assumptions • Take risks • Think - it just didn't work • Persevere

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Viewing Success

- Fixation on it can discourage risk-taking
- Valued or preferred over learning
- Abhors failure
- Always wants to win
- If win, think all is known
- If lose, feel defeated
- Trapped in system of praise or blame
- Primacy to goals and external evaluations
- Devalues self-learning



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Reasons For Failure

- Poor people skills
- Negative attitude
- Square peg, round hole
- Lack of focus
- Weak commitment
- Inflexibility
- Cutting corners
- Talent alone
- Poor information
- Lack of goals



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Failure Is Not:

- An event
- Definite
- Avoidable
- Irreversible
- An enemy
- A stigma
- Final



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Benefits of Failure

- Breeds resilience
- Develops maturity
- Pushes the envelope of accepted performance
- Provides greater opportunities
- Prompts innovation
- Reaps unexpected benefits
- Motivates us



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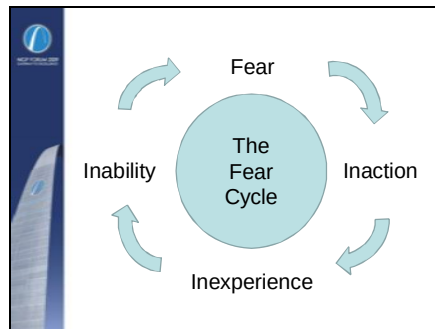


Using Failure Positively

- What caused it?
- Was it really a failure?
- Any positives in it?
- Learning opportunities?
- Can I be grateful?
- Salvageable?
- Who can help?
- Where do I go from here?



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Why Do We Avoid Risk?

- Embarrassment
- Second-guessing
- Unrealistic expectations
- Life isn't fair
- Timing isn't right
- Waiting for the "ah-hah!" moment



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Act

- Take more risks
- They breed success
- Success tends to breed risk aversion
- Risk aversion leads to stagnation and failure
- Reward risk more than you punish failure



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Forging Ahead

• Fail more	• Help others
• Learn from mistakes	• Happy over right
• Find opportunities	• Manage thoughts
• Aim for win/win	• Eye of beholder
• Try, try, try	• Be a minimalist
• Lose to win	• Invest in yourself



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- "When you come to a fork in the road, take it." -Yogi Berra



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Questions?