

Creating Success From Failure

GoSkills online course syllabus

Skill level

Beginner

Lessons

16

Pre-requisites

No prior experience needed

Video duration

43m

Estimated study time

43m 52s

Instructor

Audrey Daniels

Introduction

1 Becoming a strong leader

Mindfulness

2 Self-awareness leads to success

One of the best tools for overcoming adversity is your self-awareness.

3 Focus on the present

Becoming fixated on past mistakes is an easy way to get trapped in a cycle of failure.

4 Managing emotions

Failure is often accompanied by intense emotions.

Power in Embracing Failures

5 Owning your mistakes

It's tempting to avoid a failure by pretending it didn't happen, but owning your mistakes has valuable benefits.

6 Beating the blame game

Everyone wants to dodge responsibility when something goes wrong.

7 Managing expectations

Even if we don't notice it, we're always setting expectations for how we should perform or how things should turn out.

Perseverance Leads to Success

- 8** **Well-being is priority**
After a failure, you may find yourself doubling-down on negative self-talk because you think you deserve it.
- 9** **Learning to thrive**
Failure is often the result of being burnt-out or overworked.
- 10** **Developing resilience**
You can avoid failure by being resilient even in the face of difficult or overwhelming circumstances.
- 11** **Maintaining a growth mindset**
Believing that you can't improve is a great way to keep you stuck under the thumb of a past failure.

Courageous Leadership

- 12** **Preparedness is key**
Preventing failure starts with being prepared for whatever may come next.
- 13** **Networking to build confidence**
80% of professionals consider networking an essential part of their success.
- 14** **Trusting your decisions**
It may be natural to second-guess our decisions, especially when they don't turn out quite right.
- 15** **Taking action**
Failures can make us more afraid to make decisions in the future, which can ironically lead to more failure.

Conclusion

- 16** **Mastering lessons learned**

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