

Reframing: The Power of Changing Your Perspective

GoSkills online course syllabus

Skill level

Beginner

Lessons

20

Pre-requisites

No prior experience needed

Video duration

1h 2m

Estimated study time

1h 2m

Instructor

Lia Garvin

Introduction

1 Let's get started

What is Reframing?

2 Understanding reframing

Have you ever felt stuck, trapped between a rock and a hard place?

Reframing Feedback

3 What is feedback?

Feedback is a datapoint about how we're being perceived by someone else.

4 Why is feedback so hard?

Receiving feedback is often challenging and can lead us to spiral into negativity.

5 Beating the critics

You're often your harshest critic.

Reframing Accomplishments

6 Telling your story

It can be difficult to talk about your work and accomplishments.

7 Effort vs impact

It's so easy to fall into thinking that your effort will always translate to impact at work.

Reframing Goals

8 Understanding your values

Understanding your values helps you get crystal clear on the motivation behind your goals.

9 Focusing your energy

It can be hard to know whether you should focus your energy on your strengths or your weaknesses.

10 Goal fluidity

Goals can be fluid, and in times of uncertainty, it's even more important to widen the definition of success.

Reframing Value

11 Fix the fixer

Taking pride in being a "fixer" at work is common, but solving problems for others isn't always the secret to success.

12 More isn't better

More work isn't always better, and often doing more work only gives you an unsustainable amount of work over time.

Reframing Reality

13 Embracing empathy

Holding multiple truths is about understanding the different perspectives and experiences of the people in your life.

14 Center of the universe

Removing yourself from the center of the universe can free you from the dreaded impostor syndrome.

Reframing Mistakes

15 Let's talk mindset

Your mindset makes all the difference in how you think about your mistakes.

- 16** Oh well
When you make a mistake, you can stop the self criticism by saying, "oh well." After this lesson, you'll be able to reframe your perspective on mistakes from rumination to letting go.

Reframing Comparison

- 17** Recognize the negativity
Recognizing negative thoughts is a powerful antidote for comparing yourself to others.

- 18** Practice gratitude
Practicing gratitude is another tool to overcome comparison.

- 19** Embrace the FOMO
Sometimes FOMO is actually a window into a goal or aspiration.

Conclusion

- 20** Your path forward

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