



Team  
Meetings!

# Bite-Size Curriculum

---

Ideal for  
Trainers!

60 Minute  
Lessons!

60 minute bite-sized curriculum is designed for trainers, facilitators, team leaders, student leaders and Educators.

# Lesson 2 – Failure is the New Success

*Curriculum Designed for Educators, Trainers, Students*

---

## **60 Minute “bite-size” Lessons**

### **Tips for Use**

Curriculum may be used as a tool for professional coaching, peer to peer coaching, guidance counseling, and career counseling.

### **Overview**

Failure is the New Success Lesson teaches participants about perspective. Learning from the failures and applying what we learn becomes part of the success-attaining process. Failure is matter of perspective and individuals that have a fixed mindset believe success is achieved as a result of innate abilities. Video links are provided at the end of each chapter to build on what was read in the book. Use links as needed.

### **Objective**

Targeting young adults and emerging leaders, the objective is to start a dialogue about changing their outlook on failure. By developing a “growth mindset” individuals thrive on challenges and see failure as a springboard for growth.

### **You Will Need**

- ✓ A group leader or facilitator
- ✓ Flip Chart or white board
- ✓ Copies of the book, *F'd UP*
- ✓ Screen/monitor
- ✓ Feedback form
- ✓ Markers

# Lesson 2 – Failure is the New Success

*Curriculum Designed for Educators, Trainers, Students*

---

## **60 Minute “bite-size” Lessons**

### **Before Lesson**

Writing Activity: (5-10 min)

1. Ask students to define success. What words come to mind? Ask participants to write 5-10 words that represent success as they understand it today.
2. Ask participants to draw a picture illustrating the path of success. The path or road map must include a start and a destination.

### **After Lesson** (5-10 min)

1. Ask participants to complete the 10-question feedback form accessible in this book and at [www.nolimit2yoursuccess.com/forms](http://www.nolimit2yoursuccess.com/forms)
2. Discuss questions as a group. Listen. Ask more questions.
3. Encourage participants to reflect, write and share.

### **Small Group Activity – Perspective** (20 min)

Break into small group of 4-5. Ask each participant to think of a recent failure and answer the following questions: What other information can I gather from this situation? Is there another way to view this problem, issue, or situation? What positive aspects can I pull out of this experience? Who else can I ask for objective feedback? Write. Share in small groups.

### **Large Group Discussion – Never Give UP** (20 min)

Watch the Diana Nyad TEDWomen 2013 talk and have a discussion about what it means to “never give up. View the video at [https://www.ted.com/talks/diana\\_nyad\\_never\\_ever\\_give\\_up](https://www.ted.com/talks/diana_nyad_never_ever_give_up)

# Feedback Form

*Lesson (circle)*    1    2    3    4    5    6    7    8

---

Respond to the questions honestly after reading the assigned chapter in the book *F'd UP: The UPside of Failure*.

1. Did you find the subject matter in this chapter informative and helpful? Why or why not?
2. What was a new concept or idea you learned in this chapter?
3. How did this chapter help you to deal with failures differently?
4. How did the information in this chapter help change your perspective on failure?
5. After reading this chapter, what do you need to STOP doing?
6. After reading this chapter, what do you need to START doing?
7. After reading this chapter, what do you need to CONTINUE doing?
8. What was your biggest takeaway from the chapter?
9. Who would you recommend read this chapter? Be specific.
10. Will you apply what you have learned? Why or why not? How?

