

Ideal for  
Trainers!

Team  
Meetings!



# Bite-Size Curriculum

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60 Minute  
Lessons!

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

# Lesson 5 – The UPside of Change

*Curriculum Designed for Educators, Trainers, Students*

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## **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. Designed for High School and College Students.

### **Overview**

The UPside to Change Lesson introduces participants to change and how it causes a necessary disruption to our life, particularly in how young adults approach their career. Change is unavoidable and it causes us to rethink our motives, rethink our plans, and rethink our potential. 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 change the way young adults think about life and career. Provide young adults and emerging leaders with a new approach and resources: mentorship, internships, work-based learning, and competency-based education.

### **You Will Need**

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

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## **60 Minute “bite-size” Lessons**

### **Before Lesson**

Writing Activity: (5-10 min)

1. Ask participants to write a list of things they want to accomplish in life, career, school, etc. Ask them to prioritize the list from 1-10.
2. Ask participants to write 1-3 obstacles that could cause a set-back and disrupt their plans.

### **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 – Peer to Peer Mentorship** (20 min)

Ask each participant to partner-up. You may assign partners at random. Ask each participant to think of a problem they are facing. Participants take turns mentoring each other in an area where they are seeking advice. Avoid highly sensitive topics.

### **Large Group Discussion – Change** (20 min)

As a large group, ask, “What makes change so difficult for us to accept.” Why is change easier to accept when we know the benefits? Make a connection between change and skill development.

# Feedback Form

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

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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?

