

Ideal for
Trainers!

Team
Meetings!



Bite-Size Curriculum

60 Minute
Lessons!

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

Lesson 6 – Unleashing Your Inner Champion

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

The Unleashing Your Inner Champion Lesson introduces participants to the meaning of discomfort and the importance of confronting fears. It teaches them that sometimes you will have to “sit in your discomfort” and endure a certain level of pain and discomfort to obtain a greater reward. 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 teach participants to identify and confront fears and getting comfortable with being uncomfortable. Enduring a level of discomfort can create a sense of urgency and push people toward action.

You Will Need

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

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Before Lesson

Writing Activity: (5-10 min)

1. Ask participants to respond to this question, *“Are you confident? Why or why not? What activities increase your confidence?”* Ask participants to include talent, skills, expertise.
2. Now, ask participants to respond to this question, *“What activity or activities decrease your confidence?”*

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
2. Discuss questions as a group. Listen. Ask more questions.
3. Encourage participants to reflect, write and share.

Individual Activity – Win/Lose/Fail (20 min)

Draw a box. Draw two lines so that there are three columns. In the first column, write the word failure at the very top. In the second column, write the word losses. In the third column, write the word wins. Think of a situation for each category. Answer the questions: What did it look like? What did it sound like? How did it make me feel?

Large Group Discussion (20 min)

Write columns on flip chart or white board. Ask each participant to write responses to each question and for all three categories on a post it. Place the post its in the appropriate category on the board or flip chart. Discuss findings as a group.

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?

