



GO HARD OR GO HOME

DON'T CALL IT A COMEBACK



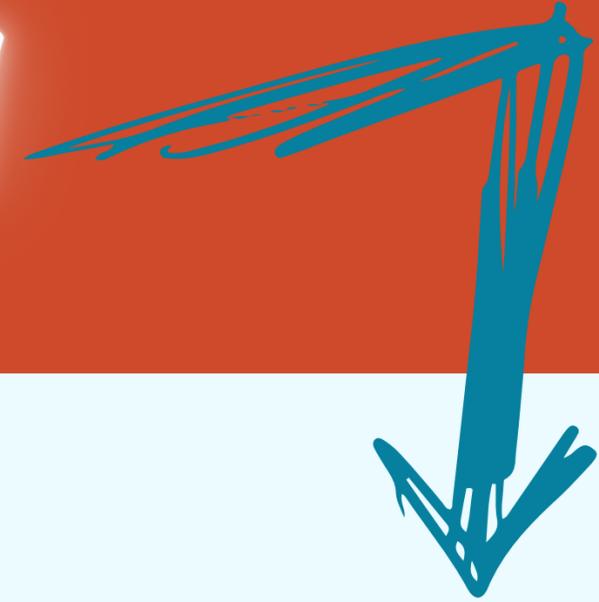
INTRODUCTION

Today, we will

- * Discuss examples of figures “failing,” then “bouncing back”
- * Reflect on what “bouncing back” looks like in our own lives.



SEL CONNECTION



Today, we will practice **self management** by considering what it takes for us to manage our “failures,” and bounce back.





ICEBREAKER

SAND TO A DESERT





SAND TO A DESERT

GOAL

Spin a situation or object so positively that anyone would purchase it.

- 1) Split into partners or groups.
- 2) Discuss your assigned object.
- 3) Create a “positive” sales pitch to sell the object.





LESSON
PART ONE

EMPOWERMENT THROUGH FAILURE



LESSON: PART ONE



WATCH A VIDEO

EMPOWERMENT THROUGH FAILURE



"MAYBE IT WAS MY FAULT"



"9000 SHOTS"





EMPOWERMENT THROUGH FAILURE

- What is the value of failure?
- What do you think Michael Jordan and other great athletes learned from “missing shots”?
- What “shots” have you missed?



LESSON: PART ONE



WATCH A VIDEO

EMPOWERMENT THROUGH FAILURE

Watch Oprah Winfrey's video
"Success is a Process."





EMPOWERMENT THROUGH FAILURE

- What do you think Oprah meant when she said: “which always happens when you’re more interested in impressing people...”?
- In what ways did Oprah learn from being embarrassed?
- Why do you think people care so much about being embarrassed?





LESSON PART TWO

OVERCOMING FAILURE





OVERCOMING FAILURE

READ + REVIEW



Steps to Overcoming Failure



How to Overcome Failure



LESSON: PART TWO



WRITING

OVERCOMING FAILURE

- 1) Working in groups, create your own “how to overcome failure” advice sheet.
- 2) Use your own examples and examples from our discussions today.
- 3) Create a list of at least ten examples.





DEBRIEF / EXTENSION





BOUNCE BACK

- 1) Read the "Bounce Back" scenarios.
- 2) Explain how you'd react to the scenario listed.
- 3) Describe a time where you failed. Did you bounce back? If so, how?

