

MANAGING PERFECTIONISM & SETBACKS

HELPING STUDENTS FAIL BETTER

WORKSHOP SUMMARY

OVERVIEW

Our Managing Perfectionism & Setbacks workshops introduce students to the simple and effective strategies that will help them fail better.

Failing at some stage is inevitable and a key part of the learning process. Yet, for many, it is a stressful event. This can lead to a fear of failure, anxiety and perfectionism. By teaching students how to manage their lows, we can help them achieve their full potential.



KEY MESSAGES

Why failure can help

- Learning
- Motivation
- Resilience
- Feedback

How to worry about failure less

- Identifying the five fears of failure

How to fail better

- The 3 As of failing better
- How to ask for feedback better
- Separating the task from the person

Overcoming perfectionism

- Perfect is a myth
- Perfectionism and social media
- Striving for an ethic of excellence

THIS WORKSHOP WILL IMPROVE STUDENTS':

- ✓ Reaction to failure
- ✓ Motivation
- ✓ Emotional control
- ✓ Mood and well-being

BOOK THIS WORKSHOP NOW

Our workshops are interactive and engaging. It's one of the reasons we get such great feedback from staff and students. Get in touch now to discuss booking this workshop on **020 8693 3191** or **info@innerdrive.co.uk**



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