

**Benefits of Failure:
Embracing the Suck on the Way to Success
Wednesday, September 29, 2021**

A close-up photograph of a hand with light-colored nail polish holding a silver pen and writing on a lined notepad. The notepad is resting on a person's lap, which is wearing blue jeans. The background is a soft-focus green field.

wim

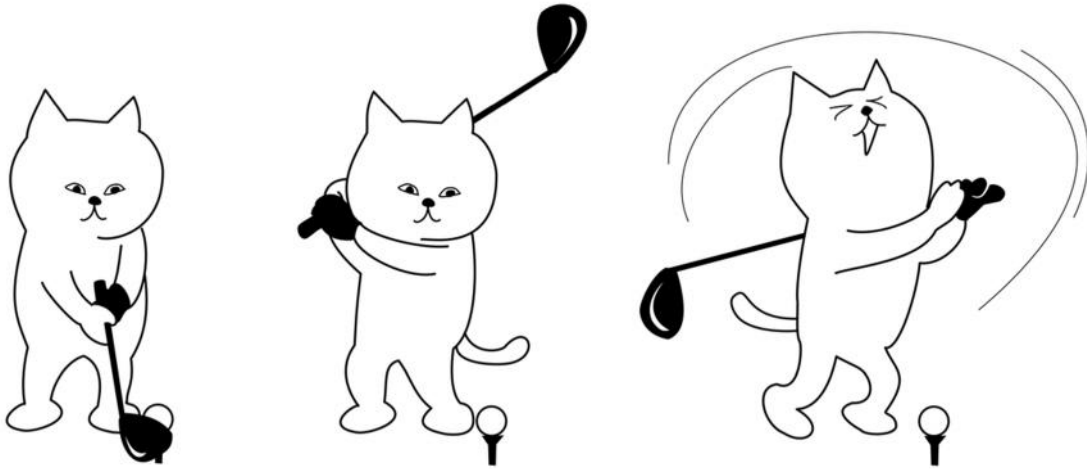
women in
manufacturing®

**MF COACHING &
CONSULTING**

MARSHA FRIEDMAN

Benefits of Failure

WHAT IS FAILURE?



What is failure?

BENEFITS OF FAILURE

1. Honors your Passions

Benefits of Failure

2. Builds Self-confidence

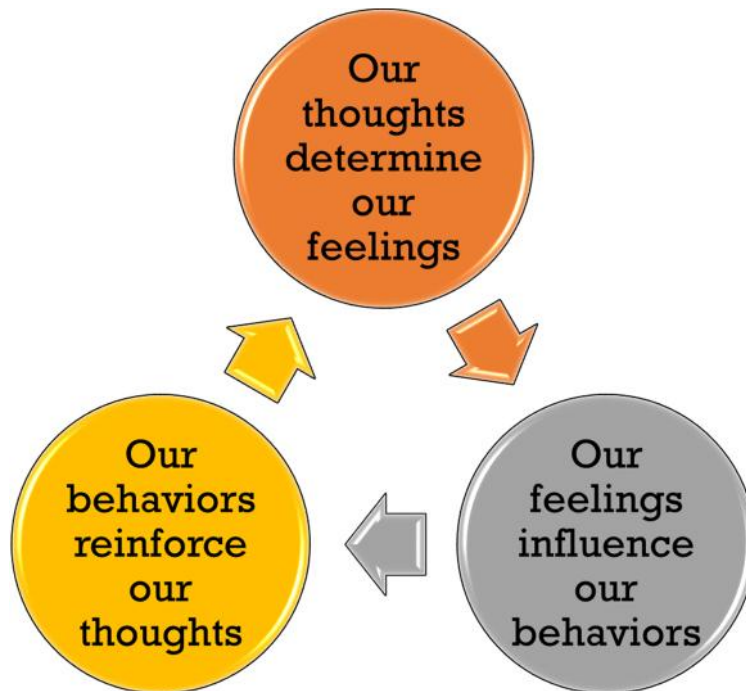
3. Expands your World

4. Prepares You for Success

Benefits of Failure

What happens when we fail? How do we respond?

What is Negativity Bias?



Benefits of Failure

KEYS TO UNLOCKING FAILURE

1. Forge Forward

2. Face the Facts

3. Embrace your Fears

Benefits of Failure

4. Practice Self-compassion

5. Invest in your Fears

	Action	Inaction
Best		
Worst		

Benefits of Failure

CULTURE OF FAILURE

What is the culture of failure within your organization? What is your experience of failure at work? What messages do you receive? How do corporate values support failure?

TAKEAWAYS

What are my takeaways from today’s session?

Follow-up Offers:

- 1. Need an attitude adjustment? Download the Detox Your Toxic Relationships worksheet at ConsultMEF.com/detox
- 2. Learn more about embracing your fears in the blog post entitled: Six Strategies to Overcome Your Fear at ConsultMEF.com/blog