

# Creating Success From Failure

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

16

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

43m

**Estimated study time**

43m 52s

**Instructor**

Audrey Daniels

## Introduction

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### 1 Becoming a strong leader

## Mindfulness

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### 2 Self-awareness leads to success

One of the best tools for overcoming adversity is your self-awareness.

### 3 Focus on the present

Becoming fixated on past mistakes is an easy way to get trapped in a cycle of failure.

### 4 Managing emotions

Failure is often accompanied by intense emotions.

## Power in Embracing Failures

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### 5 Owning your mistakes

It's tempting to avoid a failure by pretending it didn't happen, but owning your mistakes has valuable benefits.

### 6 Beating the blame game

Everyone wants to dodge responsibility when something goes wrong.

## 7 Managing expectations

Even if we don't notice it, we're always setting expectations for how we should perform or how things should turn out.

# Perseverance Leads to Success

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## 8 Well-being is priority

After a failure, you may find yourself doubling-down on negative self-talk because you think you deserve it.

## 9 Learning to thrive

Failure is often the result of being burnt-out or overworked.

## 10 Developing resilience

You can avoid failure by being resilient even in the face of difficult or overwhelming circumstances.

## 11 Maintaining a growth mindset

Believing that you can't improve is a great way to keep you stuck under the thumb of a past failure.

# Courageous Leadership

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## 12 Preparedness is key

Preventing failure starts with being prepared for whatever may come next.

## 13 Networking to build confidence

80% of professionals consider networking an essential part of their success.

## 14 Trusting your decisions

It may be natural to second-guess our decisions, especially when they don't turn out quite right.

## 15 Taking action

Failures can make us more afraid to make decisions in the future, which can ironically lead to more failure.

# Conclusion

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# 16 Mastering lessons learned

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