



OWNS MISTAKES

"Mistakes are the portals of discovery." - James Joyce

Everyone makes mistakes, but not everyone learns from them, in this workshop learn how to turn mistakes into valuable learning opportunities. Develop a growth mindset and learn how to embrace failure as a necessary step towards achievement. Discover the importance of taking ownership of your mistakes and how to effectively analyse and reflect on them to improve. Learn strategies for apologising and making amends, as well as how to use constructive criticism to your advantage. Join us and embrace a new mindset that sees mistakes as stepping stones for growth.

Key Course Content:

- Recognising and accepting mistakes as a natural part of the learning process
- Understanding the impact of our mistakes on ourselves and others
- Reflecting on the root causes of our mistakes and identifying ways to prevent them in the future
- Developing resilience and the ability to bounce back from setbacks
- Learning to communicate effectively about our mistakes and being open to constructive criticism
- Cultivating a growth mindset and seeing mistakes as opportunities for learning and development
- Building self-awareness and identifying patterns or tendencies that may contribute to making mistakes
- Practicing self-forgiveness and not dwelling on past mistakes,
- Understanding how to apologise



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated ½ -day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.

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