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**Career Conference 2021: Reframing Failure**

**ACTIVITY 1: REFRAMING FAILURE**

***Example***

* State a ‘lemon’ – a bummer about your day or week (e.g. “*I had an argument with a friend*.”)
* Turning a lemon into “lemonade” by looking at what you learned (e.g. “*You learned something important about how to navigate a disagreement.*”)

Choose a recent lemon.

Turn your lemon into lemonade. What did you learn?

**ACTIVITY 2: WHAT HELPS YOU BE RESILIENT?**

Think of a specific example of a time you experienced failure, something unexpected occurred or didn’t go according to plan.

Thinking of this example, how did you respond in the moment? Looking back what was the most significant learning that occurred for you and how did you apply that learning?

According to the APA: “*Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, or significant sources of stress. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth*.”

In your example and in general when you experience these types of situations, what are the ingredients that help you be resilient?