THE BOUNCE BACK: HOW TO RISK MORE & FAIL BETTER

JULY 2019
Our event The Bounce Back highlighted there are many positive lessons to be learnt from failure and it’s a core part of growing and developing both professionally and personally. But bouncing back is often easier said than done...

Here are some easily actionable thought starters on #EverydayActions to fail better from the event:
“Inaction through fear of failure is more damaging than failure itself.”
Rosie Dalling, Founder, Healthy Selfish

1. Take a risk. Yes, it’s scary, but unless you do so, not only will you avoid failing, but you’ll not have the opportunity to succeed either.

2. Don’t put it off. Often, the worst failure is not to try, so don’t wait ‘til tomorrow.

3. Behave more like a child. Have lots and lots of tries until you get there.
STEP OUT - USE OTHERS WISELY

“You are never as amazing or as sh*t as you think you are”
Andrew Monu, Director, Field and Product Marketing, LinkedIn

1. Identify your safety net and a personal board to support you if you have blips.

2. Focus on yourself, rather than what others think.

3. Don’t be afraid to ask people for help
“If you are not feeling imposter syndrome at least 10% of the time, are you even stretching yourself?”

Susan “Spark” Park, Global Product Marketing Lead, Facebook

1. Treat minor setbacks as an opportunity for major comebacks.

2. Accepting and acknowledging failure is the first stepping stone to success.

3. Always ask yourself what can you learn from this?
STEPTHROUGHEREFRAFYOURTHINKING

“Embrace failure. See it as something that helps shape who you are.”
Lisa Thomas, Global Chief Brand Officer, Virgin

1. Failure needn’t define the rest of your life – always ask yourself will this matter in a year from now?
2. You can choose to be the victim or hero of your life story.
3. View failures as set-backs – there’s always another opportunity ahead.
4. Give yourself permission to fail.
Our event The Bridge highlighted both the progress we’re making as an industry to bridge the gender divide, and the work that still needs to be done. As we approach a cultural tipping point, what can we all do to drive further change?

Here are some easily actionable thought starters on #EverydayAction from the event & Bloom network:
WHAT ACTIONS WOULD YOU TAKE?

TELL US:
@BLOOMUK
#EVERYDAYACTIONS