



I NEVER LOSE
I EITHER WIN
OR LEARN

- Nelson Mandela

LEARNING FROM LOSING

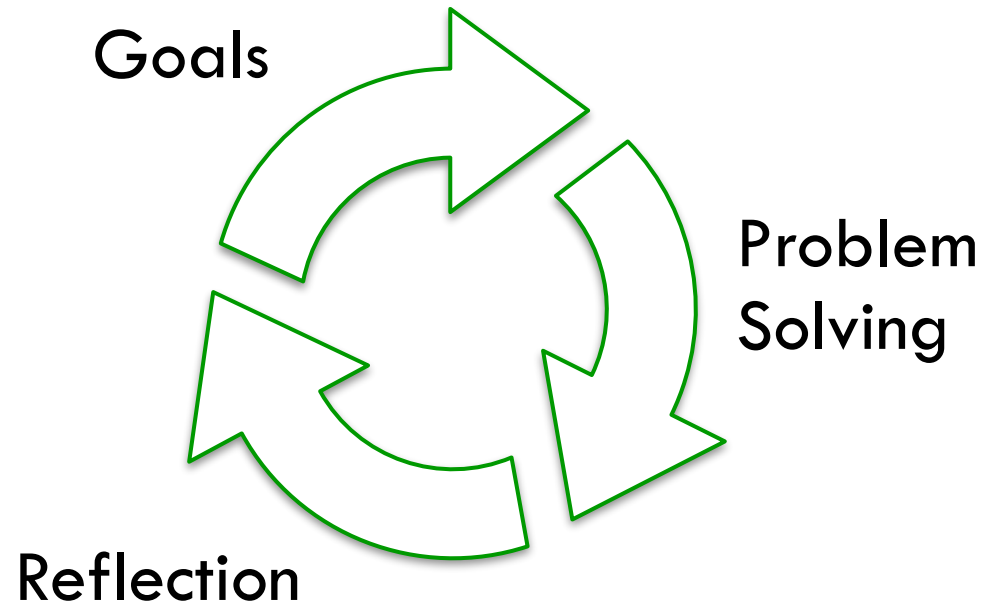
Learning from Losing - Background

2

- **'Learning From Losing'** is a life-skills program built on 17 years of learning experiences with teams and groups across the Asia Pacific.
- **During** more recent years, we have found our program activities evolving to meet the changing needs of our participants and communities - primarily the greater inclusion of tools to improve mental health and wellbeing.
- **Young people** are craving more knowledge and greater tools to support their journey into adulthood. Many have communicated their desire to better self manage personal thoughts and feelings, improve their problem solving skills and better cope with the stresses of adolescent life.
- **During our youth**, we are constantly encouraged to be winners, to be successful, to be the best we can be. The reality however, is that not enough attention is given to the fact that often we don't succeed, we don't win, we don't know what our best is and things do go wrong! This is coupled with the many requests we have received in the 'year of COVID' for a local, school-specific program to assist in providing a whole school approach to enhancing wellbeing.
- **The result is 'Learning From Losing'** - a social and emotional learning program with a focus on creating a culture of problem-solving with easy to use, everyday tools providing shifts in mindset. These Destination Dreaming tools empower individuals and teams to turn mistakes into lessons, negatives into positives; to make lemonade from lemons.
- **This is a positive, strengths-based program.** Though titled 'Learning From Losing' it is about 'winning at life'. It is designed for everyday people to problem solve their own challenges and find their own answers.

Learning from Losing - Focus Areas

3



WHY do we need these tools?

4

1. According to Beyond Blue, over 75% of mental health problems occur before the age of 25[^]
2. One in seven young people aged 4 to 17 years experience a mental health condition in any given year[^]
3. **Suicide** is still the leading cause of death among young Australians. About 350 young people aged 15–24 take their own lives every year – that’s more than die on the roads! For every youth suicide, there are estimated 100 to 200 more attempts.[^]
4. The average person will typically have more than 6,000 thoughts in a single day & 90% of those thoughts are repetitive*
5. Ask any adult and they’ll tell you that their life is not academic! The skills and knowledge that are required as an adult are mostly social and emotional. Yet, we still press ahead with a majority academic education for young people!
6. Addictions to digital devices are out-of-control and have caused a dramatic increase in anxiety, depression, isolation and numerous other mental illnesses!

[^]<https://www.beyondblue.org.au/media/statistics>

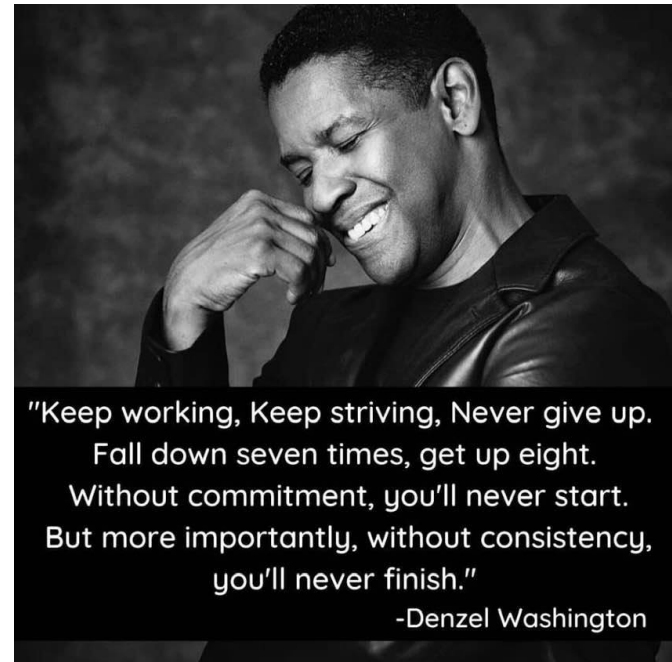
*Tseng, J., Poppenk, Nat Commun 11, 3480 (2020). <https://doi.org/10.1038/s41467-020-17255-9>

[^]<https://www.healthdirect.gov.au/youth-suicide#:~:text=Suicide%20is%20the%20leading%20cause,than%20die%20on%20the%20roads.>

HOW do we use these tools?

5

Make it a daily habit, use them everyday, like a builder uses building tools. Practice, Practice, Practice, trial and error. Use the tools with trusted friends and family members first, then you'll develop the confidence and competence to use these tools in all facets of life!



Choices, not chances determine your life!

6



WHAT can these tools do?

7

1. Create a positive problem solving culture for individuals and teams
2. Increase social and emotional intelligence/awareness
3. Support mental health and wellbeing
4. Help you become a more confident and positive contributor to groups/teams.
5. Improve your relationships and connection with friends, family and school
6. Increase the success of personal and professional goals



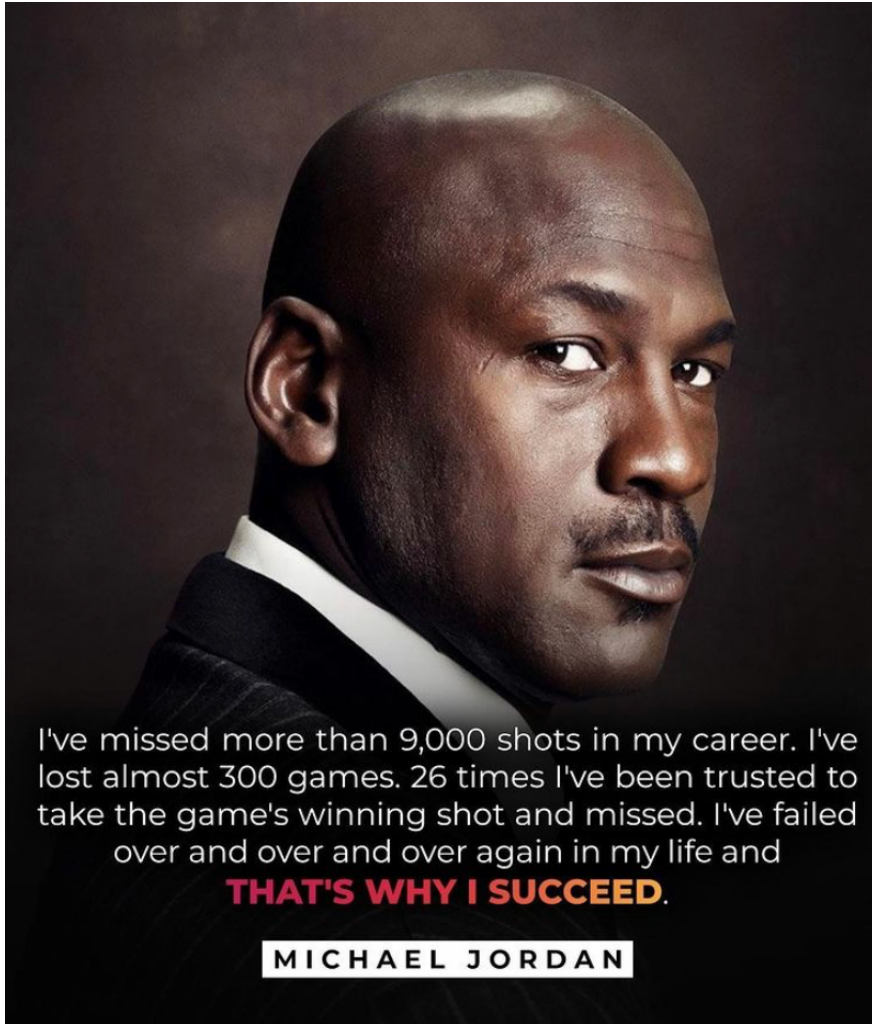
Another perspective on failure

8



Learning from Losing!

9



I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game's winning shot and missed. I've failed over and over and over again in my life and

THAT'S WHY I SUCCEED.

MICHAEL JORDAN

Tool #1: The Wellbeing Scale

10

Surviving - 1 2 3 4 5 6 7 8 9 10 - Thriving

1 - 2 - 3

Life is not fun, you're not enjoying yourself or the company of others. The future seems uncertain.

4 - 5 - 6 - 7

Life is not great, it's not terrible, you're just floating from one day to the next with no real thought about the future.

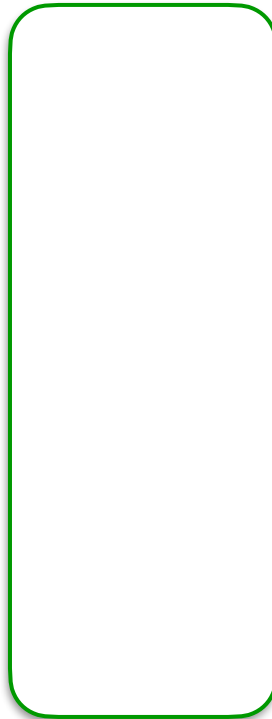
8 - 9 - 10

Life is great, you feel positive about yourself and your future. You're a support to others.

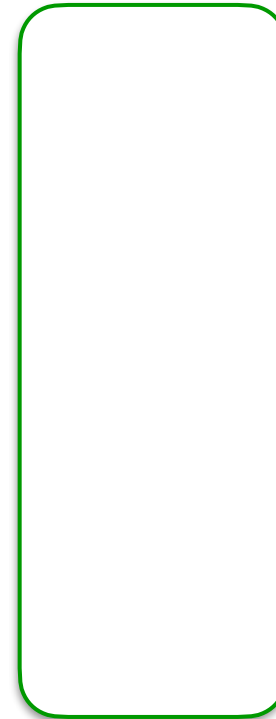
Tool #2: *Scale of Self*

11

- Become an expert in knowing yourself
- Allow people to help you!
- What makes you happy?
- My goals and ambitions?



Self

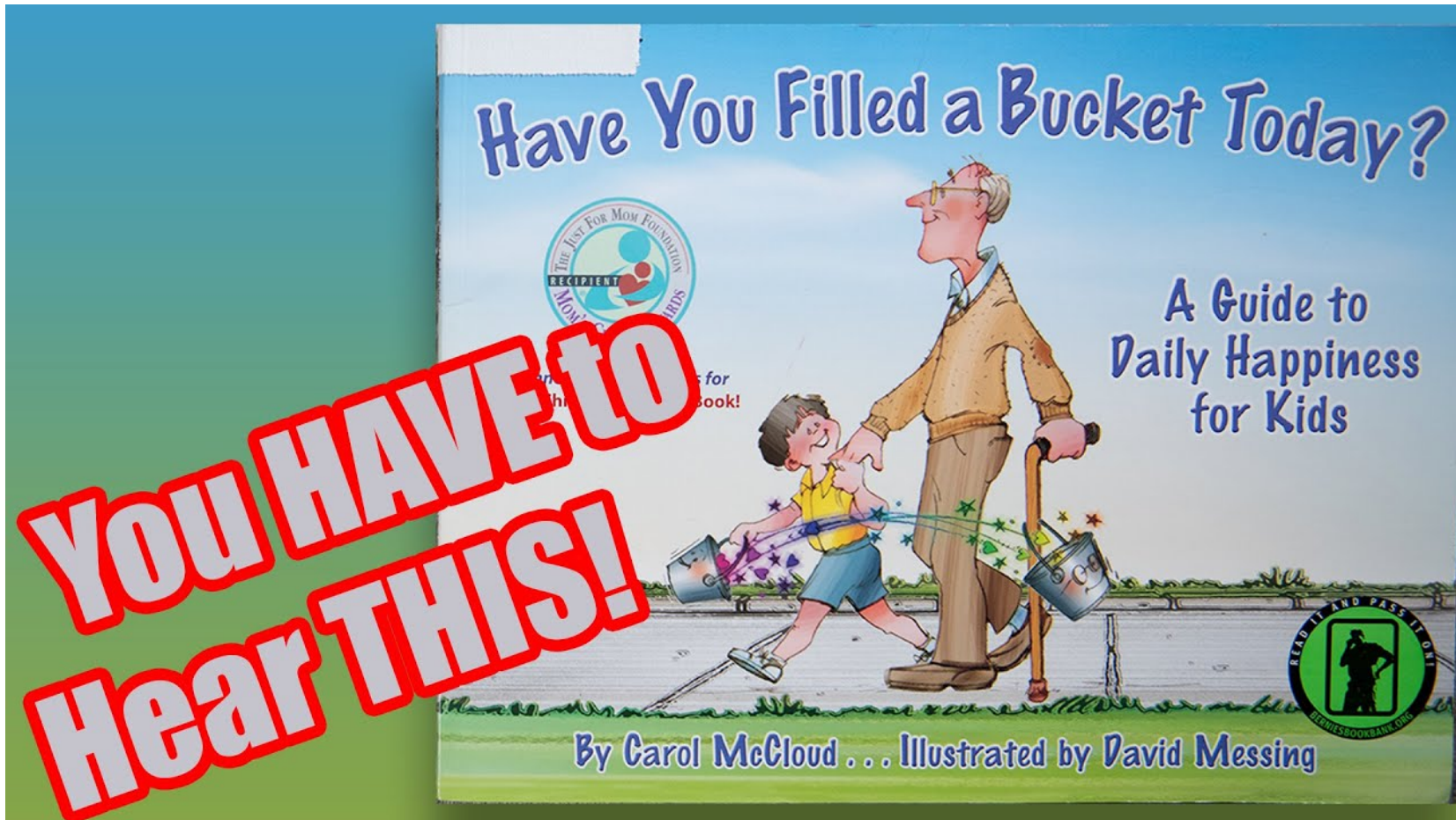


Others/Thoughts

- Friends
- family
- Neighbours
- Team/work colleagues

Tool #5 cont. 'How to Fill a Bucket'

12



Scales of Self continued

13

i can be

independent

a leader

creative

hardworking

struggling

ambitious

and still

need support

need guidance

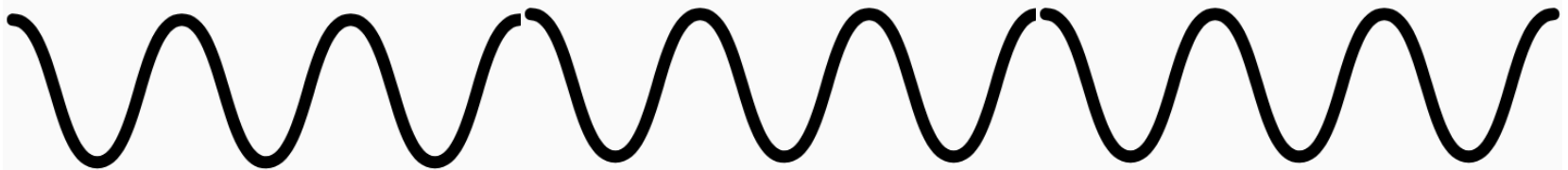
need inspiration

need rest

be proud of my progress

accept my Failures

Tool #3: *The Rollercoaster called LIFE!*



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Descending....Please Help!

15

We have a problem. We need to solve it!

STOP - START - KEEP

- 1.
- 2.
- 3.
- 4.
- 5.

Success is a continuous journey!

16

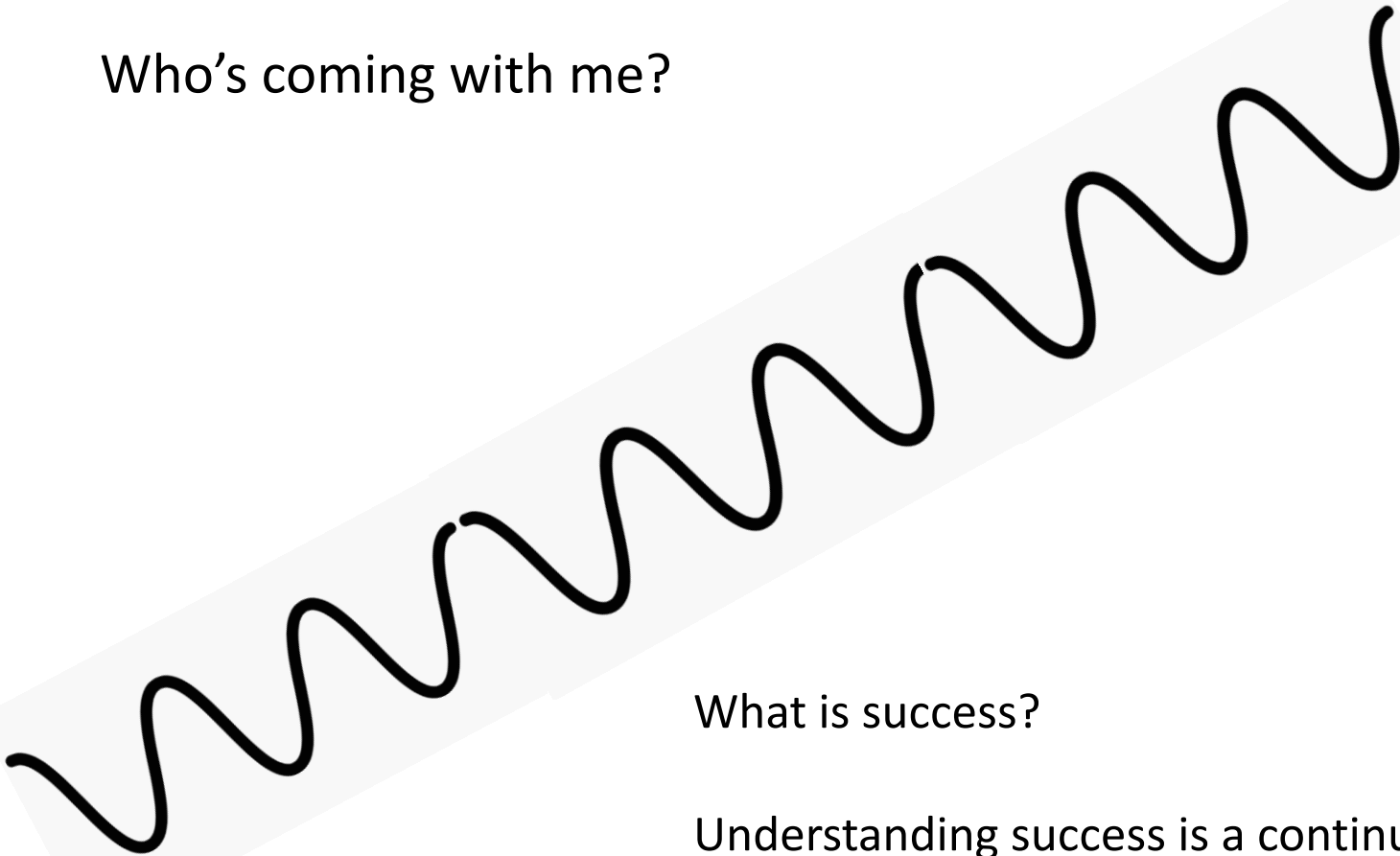
<https://www.youtube.com/watch?v=rqokTY3dNtc>

SUCCESS
IS NOT FINAL, AND
FAILURE
IS NOT FATAL.

Ascending.....Life is on the up!

17

Who's coming with me?

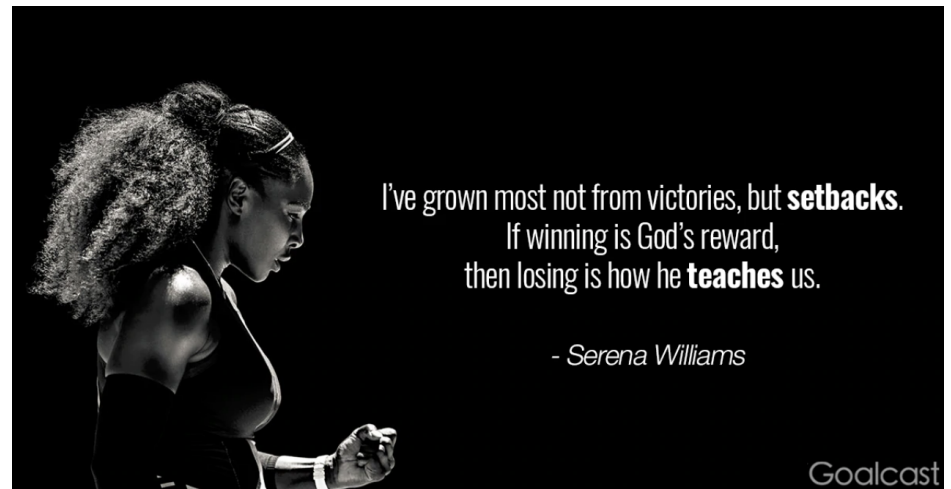
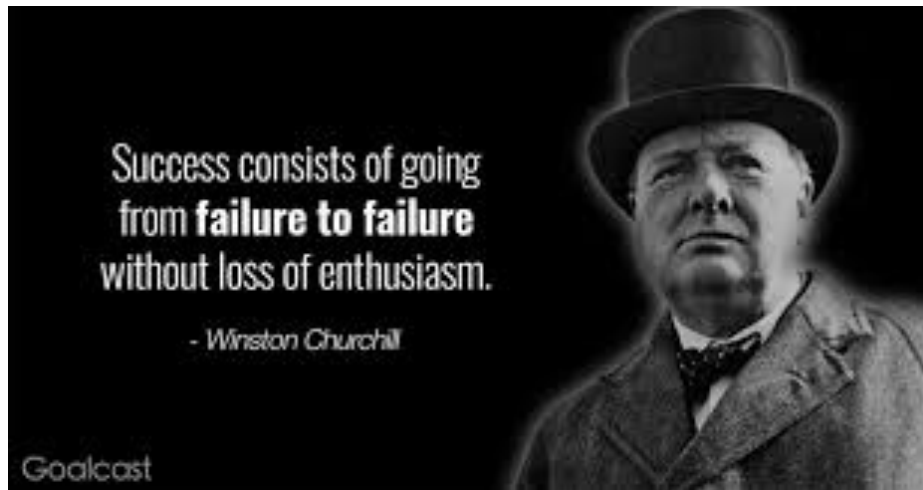


What is success?

Understanding success is a continuous journey!

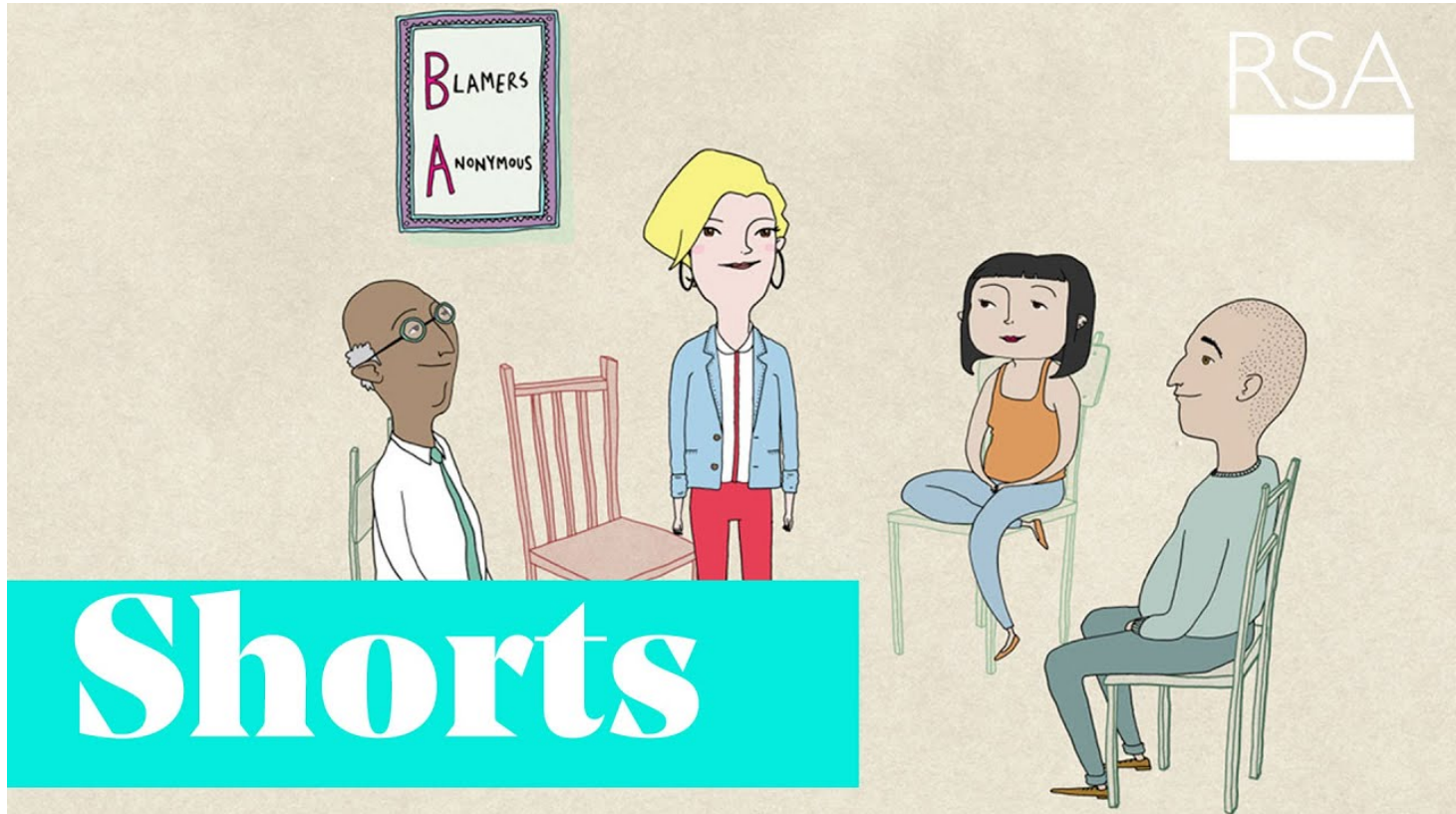
Learning from Losing!

18



The Blame Game!

19



Tool #4: *Above the Line*

20

Accountability

Ownership

Responsibility



= **Problem Solver**- sees the opportunity in the challenge

Blame

Excuse

Denial



= **Problem Sustainer** - sees the challenge in the opportunity

Activity #1

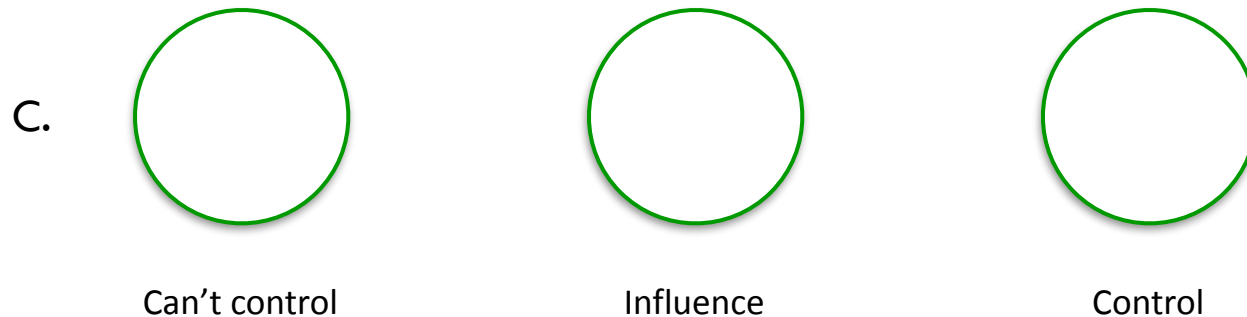
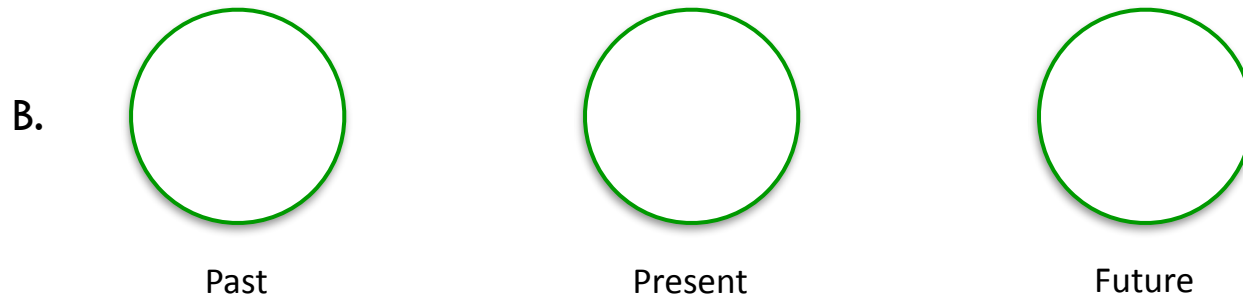
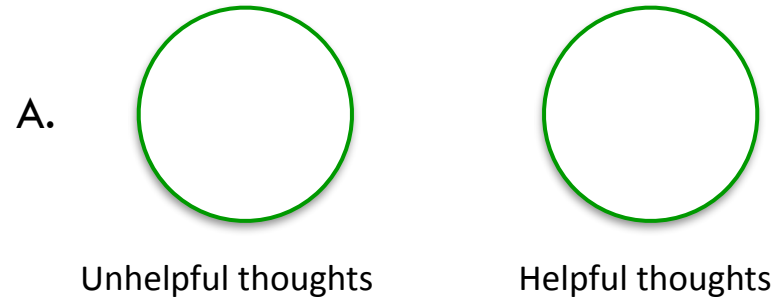
21

Break into small groups and discuss recent examples of conversations where people operated 'below the line'. This could be examples of you or others. No need to give names away.

At the end, discuss how that conversation could have been handled if you or others involved operated from 'above the line'

Tool #5: *Your Bias Thought Filter*

22



Self Talk...

23

Helpful v Unhelpful

Typically has focus on effort, learning, process and enjoyment, contributes to you feeling happier and responding better.

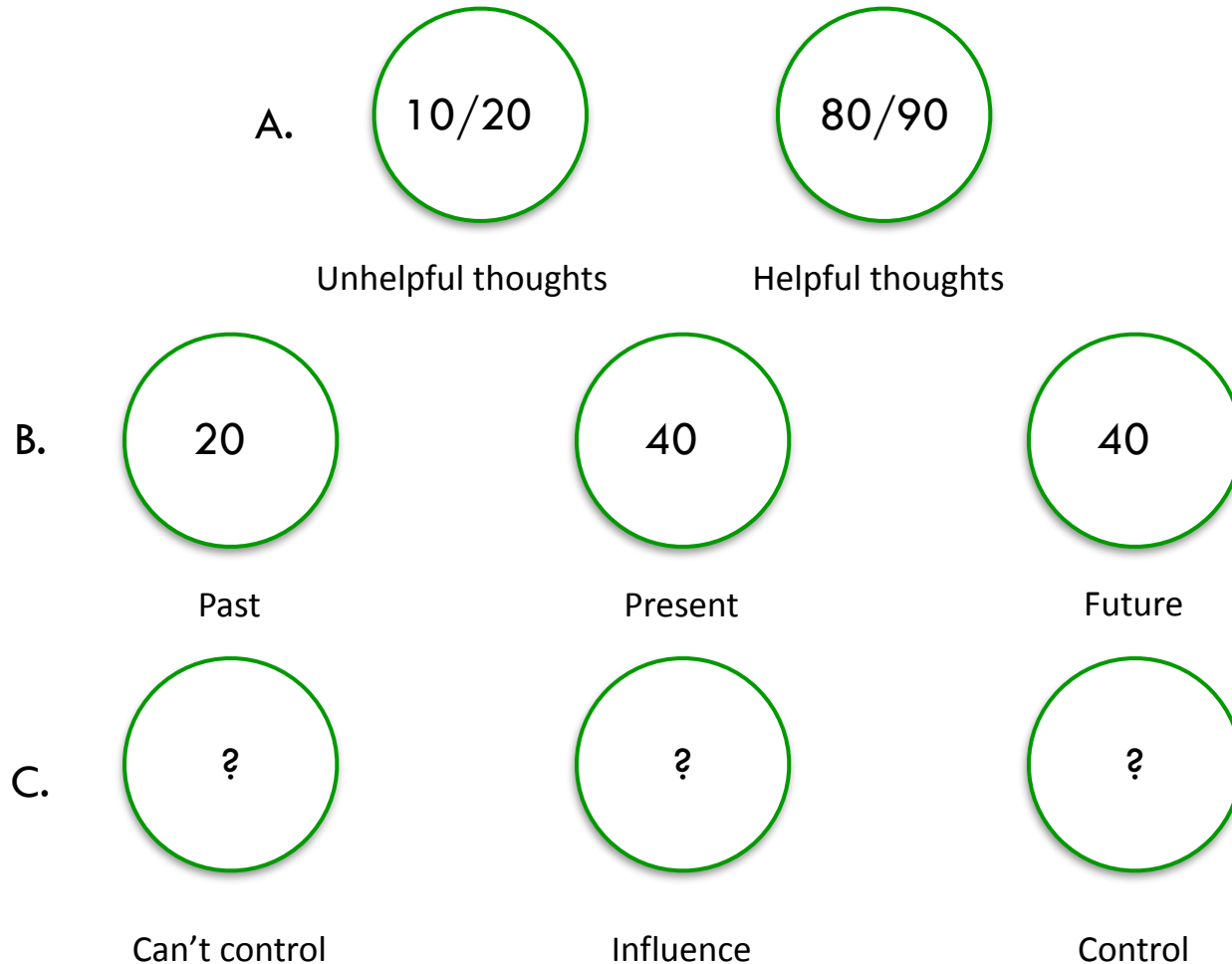
v

All or nothing thinking, over-generalising, disqualifying the positive, jumping to conclusions, always thinking 'worse case' scenario and labelling.



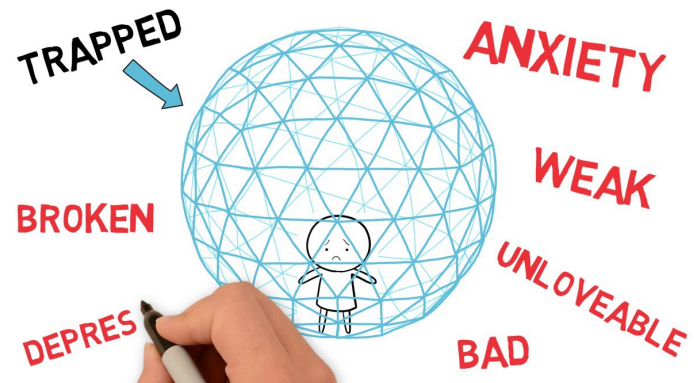
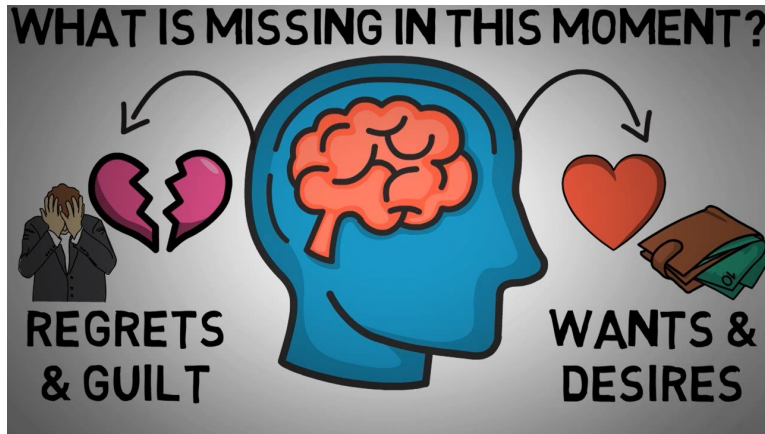
Tool #5: *Your Bias Thought Filter - cont.*

24



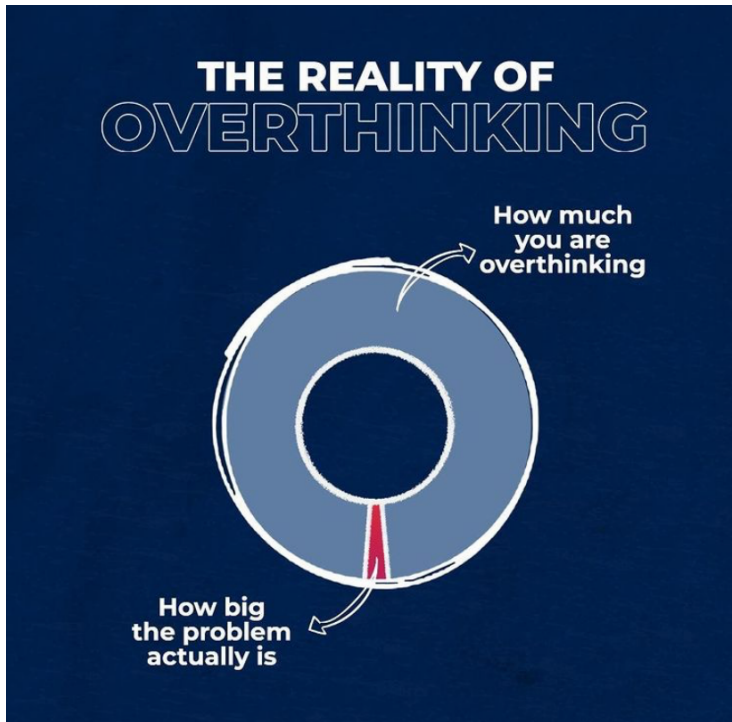
Thought Filter continued...

25



Thoughts v Reality!

26



THOUGHTS

I can't do this

I am going to fail

I will never achieve my goals

I am not as successful as others

I am not progressing fast enough

TRUTHS

I am working my hardest

I am learning and growing

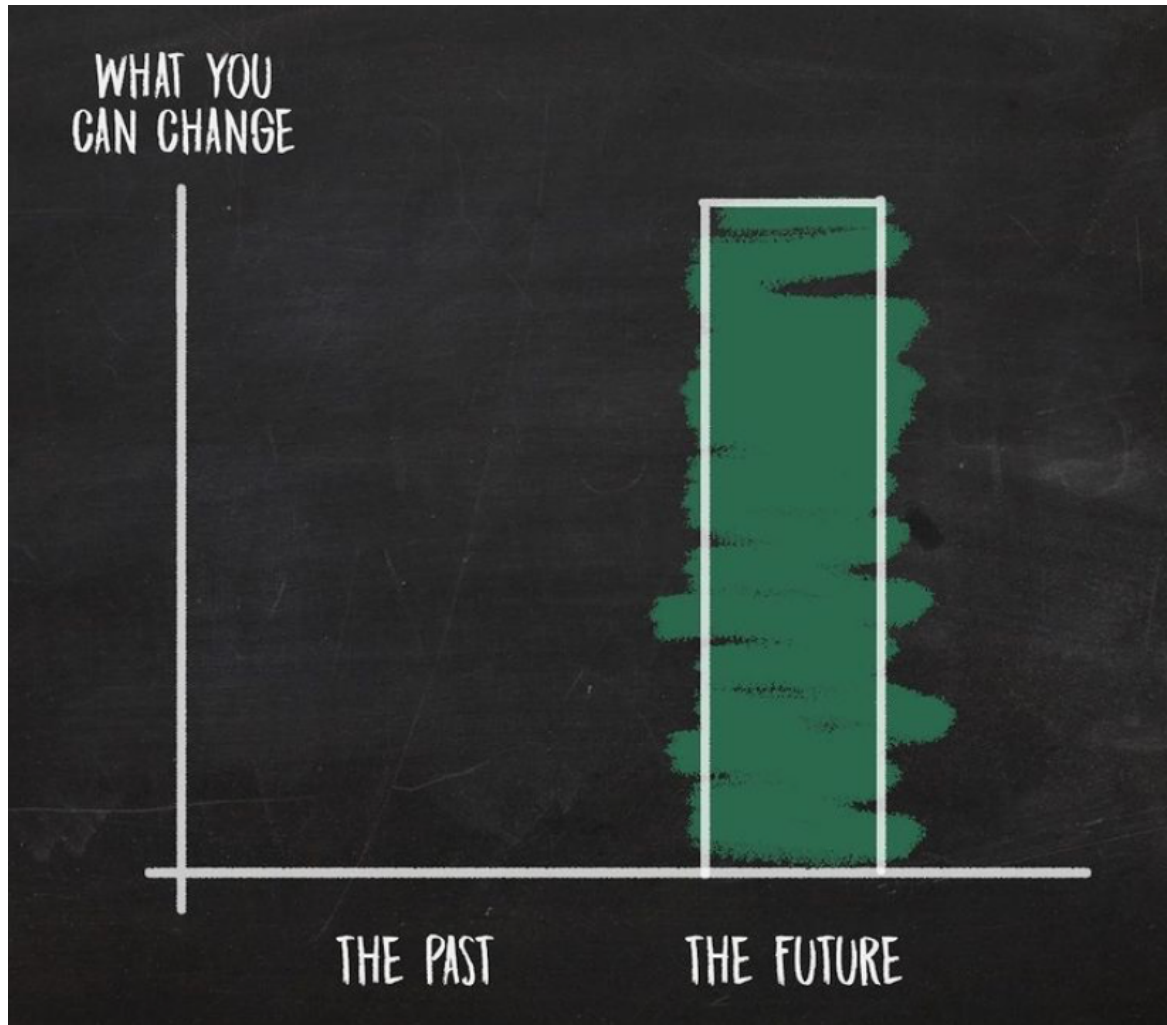
I am taking it one day at a time

I am journeying my own path

I am making progress

Your future, your journey, take control!

27



Tool #6: Head, Heart & Hands

28



By focusing on the holistic development and wellbeing of the head, heart and hands, connected as one, supports life on the ascending rollercoaster.



Head = The expansion of perception, reflection

29

With over 6,000 thoughts per day and 90% of them being repetitive thoughts, our goal should be to take on the helpful thoughts and delete the unhelpful thoughts. This includes from the moment when we wake up, throughout our waking hours and when we go to sleep.

We know that daily habits including:

1. Positive Environment
2. Healthy Diet
3. Daily exercise
4. Friendships/relationships that make you feel good
5. Limit screen time

Will make a huge difference!

Head continued....

30

https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise

“If you don’t make time for exercise, you’ll probably have to make time for illness.”

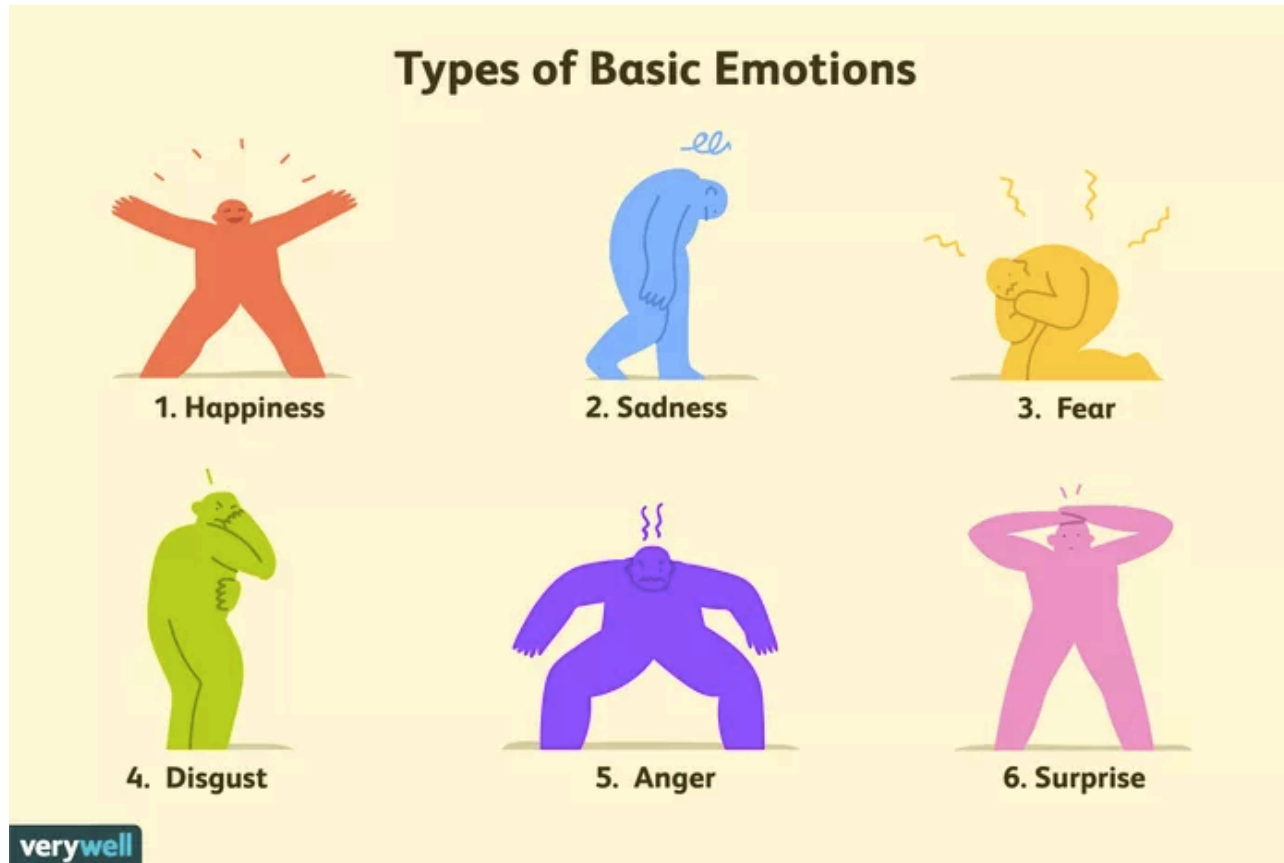
Robin Sharma

“Exercise is a celebration of what your body can do. Not a punishment for what you ate.” Anonymous

“Good things come to those who sweat” Anonymous

Heart = Expansion of meaning/value. Rational knowing (Refer #2 Tool)

31



Hands = Active use of concepts, deep engagement

32

- Action links back to the HOW - Trial and error, practice, practice, practice!
- Action links to our daily habits
- Action links to planning and achieving our goals (personal & professional)
- Action is solving a problem or conflict
- Action is living your life - Build a house analogy!



Tool #6: *continued...*

33

A vertical rounded rectangle with a green outline, divided into three equal horizontal sections by two horizontal lines. The top section is empty.

Heads

A vertical rounded rectangle with a green outline, divided into three equal horizontal sections by two horizontal lines. The top section is empty.

Hearts

A vertical rounded rectangle with a green outline, divided into three equal horizontal sections by two horizontal lines. The top section is empty.

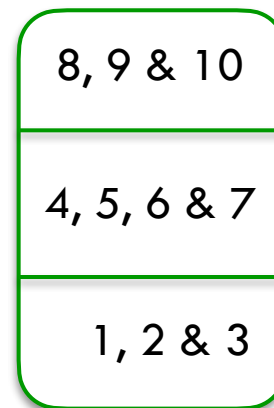
Hands

Tool #6: *continued...*

34

Activity:

Using the Wellbeing Scale model, write descriptive words that represent each of the 3 boxes bottom to top of the Heads, Hearts and Hands scales on the previous page. Eg.



Heads

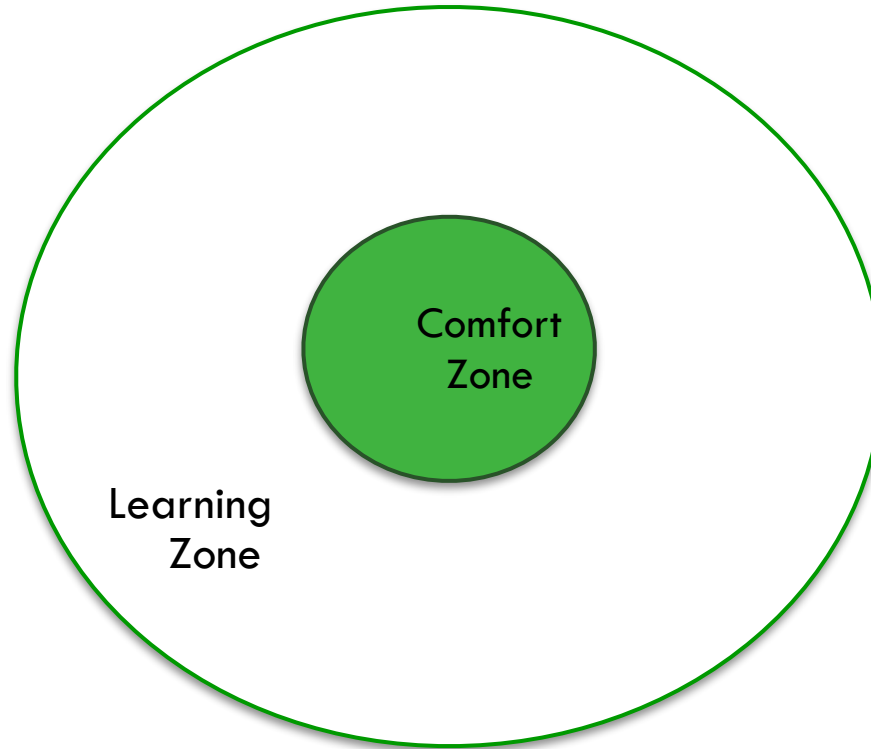
Happiness is journey... not a destination!

35

We're always comparing ourselves
to the person **we aren't yet**.
And at some point it makes it
easy for us to get discouraged.
We need to remind ourselves that
we are a **work in progress**.

Tool #7 Comfort Zone v Learning Zone

36



Tool #7 Comfort Zone v Learning Zone cont.

37



Asking Rich Questions

39

To have effective reflection, problem solving and goal setting outcomes, we need to continuously ask RICH questions of ourselves and others.

Asking RICH questions is inquiry based learning, the skill to investigate further....

So, what are RICH questions?

Questions beginning with:

Reflection - Problem-Solving - Goal Setting/Achieving

- What?
- Who?
- Where?
- When?
- How?
- Why?

Reflection Tools?

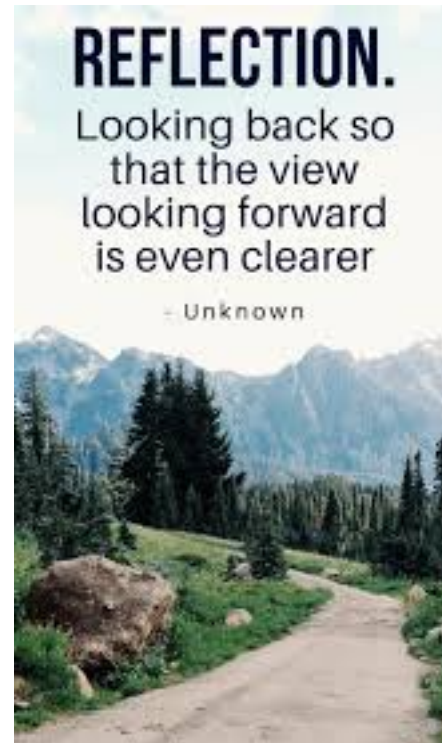
40

Mistakes are
PROOF
that you are
TRYING

REFLECTION.

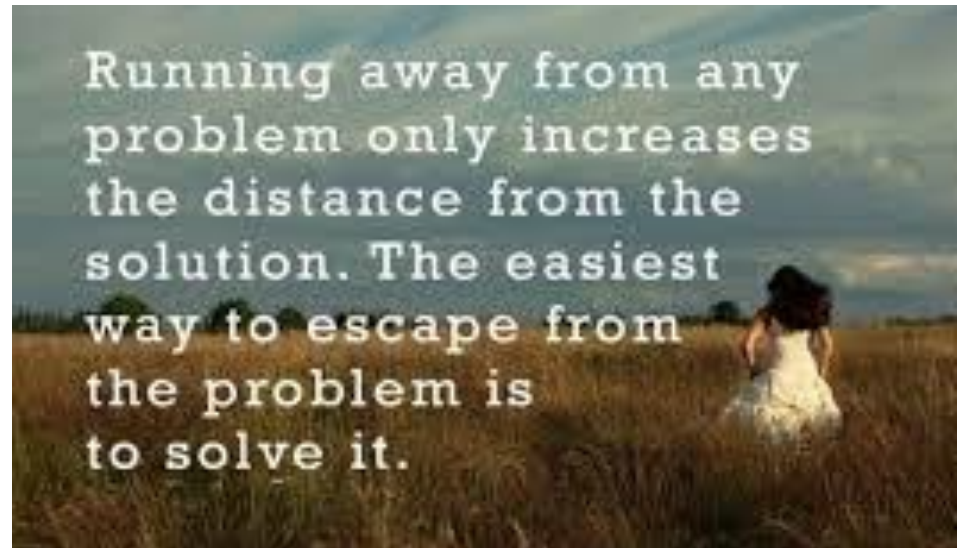
Looking back so
that the view
looking forward
is even clearer

- Unknown



Problem Solving Tools?

41



Note* A positive attitude may not solve every problem, but it makes solving any problem a more pleasant experience! Resilience only comes from the ability to solve problems!

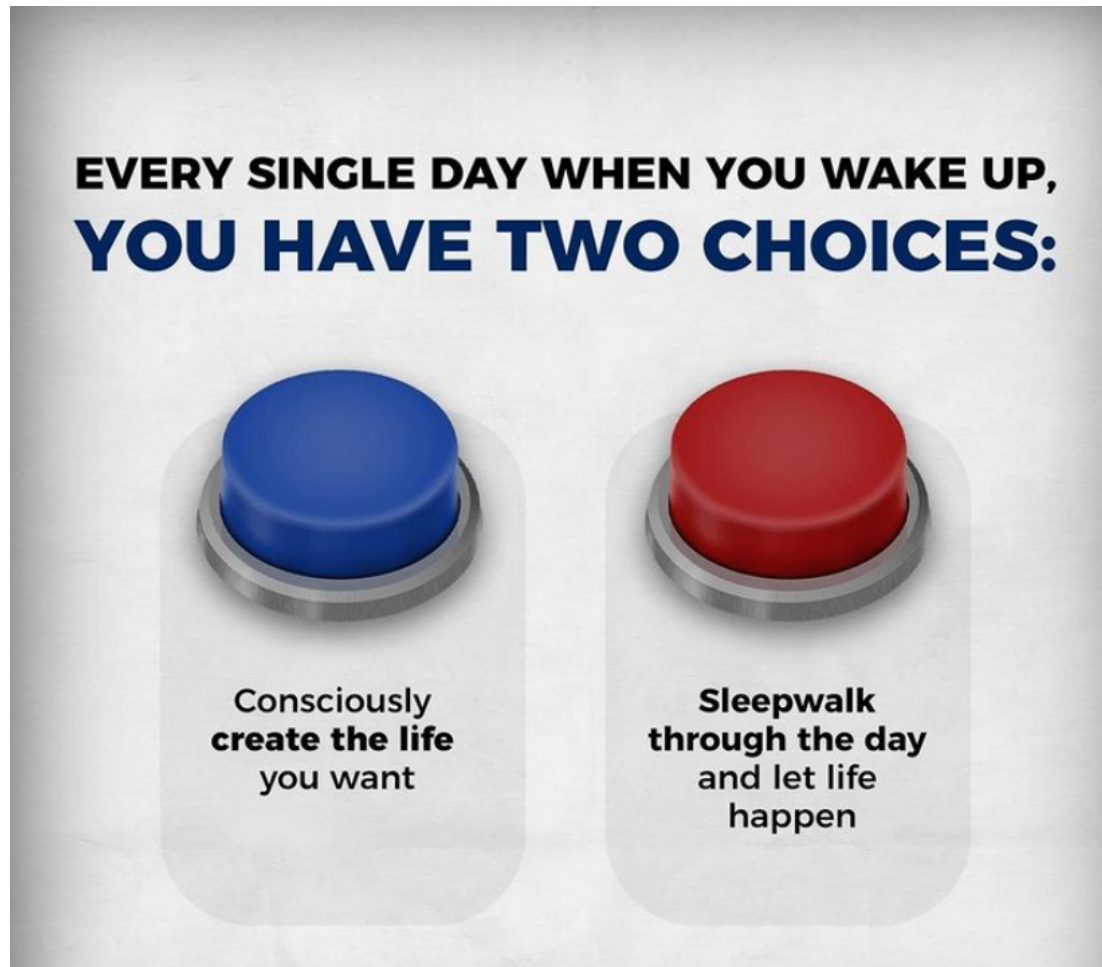
Goals for what? Use the tools!

42



Choices, not chances determine your life!











43



Learning from Losing- IMPORTANT reminders!

44

10 Painful Truths

-  The average human life is relatively short
-  You will only ever live the life you create for yourself
-  Being busy is not the same as being productive
-  Some kind of failure always occurs before success
-  Thinking and doing are two different things
-  You don't have to wait for an apology to forgive
-  Some people are simply the wrong match for you
-  It's not other people's job to love you - it's yours
-  What you own is not who you are
-  Everything changes, every second

IMPORTANT reminders continued...

45

EVEN IF	I'M STILL
I make mistakes	Worthy of recognition
I'm learning	Capable
I'm far from my goal	Proud of myself
I'm struggling	A force to be reckoned with





THANK YOU



E: info@destinationdreaming.com.au

W: www.destinationdreaming.com.au

P: +61 (0) 402 234 724

M: PO Box 14, Ocean Grove, VIC 3226