

CRITICISM AND FAILURE



AT A GLANCE:

Course length: 15-20 mins

Video length: 2-3 mins

Languages: English, Chinese, French, Italian, Spanish

Wellbeing Collection

Improving wellbeing and productivity for everyone.

What's included?

- Bite-size videos
- Interactive exercises
- Knowledge checks
- Course leader guide
- Series infographic

ABOUT THIS COURSE

We will always strive to succeed but failure is a normal part of life that must be embraced if we are to learn from it. In this course, you'll learn how to process setbacks and deal with criticism from even your harshest critic - yourself.

KEY INSIGHTS

- **Be Kind to Yourself** - Catch yourself in the act of self criticism, it is not self-indulgent to treat yourself well.
- **Embracing Failure** - Choose to see failure as a sign of you reaching the edge of your comfort zone.
- **Fire Your Inner Critic** - Treat your inner critic like a toddler, not a boss you must obey. Personify your inner critic, by giving him or her a name, so it won't be a god-like voice of truth anymore.

“The video Arts courses are changing the perception of e-learning within our organisation.”
NSPCC,
Lyndsey Moule

WHO AND WHY

For all members of staff looking to improve their work/life balance, dealing with stress, and other mental health issues.

EMOTION VERSUS EVIDENCE



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ABOUT THIS COURSE

Our emotions play a large part in how we work and how we interact with our colleagues. Our fears can make simple situations seem like calamitous disasters, while our insecurities can ruin perfectly good working relationships through paranoia. In this course you'll learn to confront the idea of "disaster", actively engage with our emotions to overcome difficult situations, and deal with even the worst-case scenarios.

KEY INSIGHTS

- **Empathy** - Consider why colleagues are behaving in a way that annoys you.
- **Keep a Sense of Perspective** - We catastrophise: if something goes slightly wrong, we assume everything's gone terribly wrong.
- **Mind Reading** - If you think people have negative views of you it's easy to find "evidence" of that.
- **The Worst case Scenario** - In considering the worst outcomes, you realize that you could cope with.

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GETTING STUFF DONE



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ABOUT THIS COURSE

When faced with a long list of things to do it's important to keep organised. We often put barriers in the way of getting work done by trying to motivate ourselves before actually doing it, or procrastinating with over-planning. This course will teach you to set the momentum for your day to be at your most productive, find motivation for even the most mundane tasks, and get more things done.

KEY INSIGHTS

- **Don't Confuse Effort with Results** - You are not a machine, and a tiring day does not mean a good day.
- **The First Hour of the Day** - How you spend the first hour in the office will determine your momentum for the rest of the day.
- **You Don't Have to 'Feel Like It'** - We tell ourselves that we need to be in the right mindset to work, but actually that makes it harder.

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HAPPINESS HABITS



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ABOUT THIS COURSE

With the pressures of work and the stresses of modern life, we can easily lose sight of the fact that, actually, we've never had it so good. In this course you will learn to be mindful and appreciative of the good things in your life, and to make the most of your time.

KEY INSIGHTS

- **Gratitude** - It's all too easy to get acclimatised to the good things in life, and focus only on the bad things.
- **Keep Learning** - Find ways to learn and develop yourself, from workplace training to learning a language.
- **Memento Mori** - Make choices by asking how you'd like to be remembered at your own funeral.
- **The Power of Ritual** - Rituals can help with work and happiness.

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INSIDE YOUR HEAD



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ABOUT THIS COURSE

Whether it's your to-do list, your insecurities, your thoughts, or your emotions, only you know what comes and goes in your own mind. In this course you'll see how thinking and not thinking can lead us into trouble, how to weather the storm when our moods are against us, and how to give our minds a break with the power of lists.

KEY INSIGHTS

- **Don't Compare Your Insides to Other People's Outsides** - We only have access to our own inner monologue of worry and self-criticism but nobody else's.
- **Get Everything Out Your Head** - The human mind is a marvel, but it's a terrible device for storing lists of information.
- **Just Don't Think About It! The Backfire Effect** - You can't push thoughts out of your head.
- **You Are Not Your Emotions** - Understand that your emotions are not you.

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PERSONAL WELLBEING FOR MANAGERS



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ABOUT THIS COURSE

Cultivating an atmosphere of trust, productivity, and happiness starts from the top so you need to lead by example. In this course you'll learn how to show your strength by revealing your vulnerabilities, create trust through open and honest communication, and provide an anxiety-free environment to work in.

KEY INSIGHTS

- **Don't spread the Anxiety Virus** - Emotions are contagious, anxiety especially.
- **Show Your Vulnerabilities** - Showing too much confidence will intimidate rather than inspire employees.
- **Transparency** - Transparent workplaces are high-morale workplaces, so keep all your staff informed.
- **You Can't Force Fun** - There's nothing more cringeworthy than 'fungineering'.

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ABOUT THIS COURSE

Learn the importance of milestones in a plan, the perils of over planning, and ensuring you don't let fear of the unknown stop you from taking action.

KEY INSIGHTS

- **Celebrate Small Accomplishments** - Focusing on big distant goals mean satisfaction is rare and short-lived. Instead, break work into smaller accomplishments, and keep a list to mark off each small win.
- **The Bias Towards Action** - If you're facing a fork in the road... take it. Be Bold. You regret the things you don't do, not the things you do.
- **The Perils of Over Planning** - Planning seems like a good thing, and in moderation it is, but it can also be a sneaky form of procrastination and a way of avoiding the fear of actually starting.

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PRACTICAL WELLBEING



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ABOUT THIS COURSE

The pressures of work and the hectic pace of modern living can mean we sometimes neglect ourselves and overlook our basic needs to eat, sleep, and have downtime. This course will show you how taking care of yourself and showing kindness to others can reduce stress and improve working relationships.

KEY INSIGHTS

- **Get Physical** - When dealing with a stressful or overwhelming challenge, don't chain yourself to your desk.
- **Muti Tasking** - Multi-tasking isn't a thing. It just means failing to do any one thing properly.
- **Targeted Acts of Kindness** - Being helpful or kind to a colleague will make you feel good.
- **The Cheese Sandwich solution** - Sometimes the solution to your stress is a simple one.

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TEAM WELLBEING FOR MANAGERS



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ABOUT THIS COURSE

Keeping your team happy and engaged with their work is vital to keep motivation and productivity high. In this course you'll learn to show appreciation for your employees, value different personalities, and develop your employees by bringing them out of their comfort zone.

KEY INSIGHTS

- **Embrace Your Introverts and Pessimists** - We tend to assume a happy workplace means a workplace full of extroverts and optimists.
- **Entrust People with Big Responsibilities** - Make people happy by making their work meaningful.
- **Reward People Like Grown Ups** - Reward people the way you'd like to be rewarded. The best awards tend to be non-physical, like praise and respect.

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