

FAILURE LAB



HELLO
MY NAME IS

Larissa Link

- **Failure Lab- Facilitator & Leadership Coach**
- **Mindfulness-based Stress Reduction: Facilitator & Coach**
- **Executive Director of 4 yoga studios & educational center**
- **Builder Upper (house projects, gardens, people, etc)**



Stress Management & Burnout Prevention in the Workplace



**Failure Lab:
The Backstory**

**Why Talk
About Failure?**

**Stress
& Burnout**

What to Do?

Questions

FAILURE LAB

The Big Picture

**Understanding
ME
(self)**

**Understanding
YOU
(others)**

**Understanding
US
(interactions)**

Understanding
ME
(self)

SELF

REFLECTION

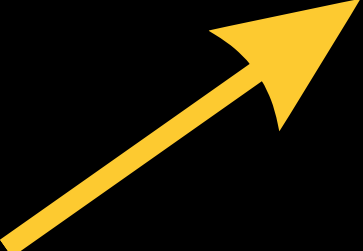
Understanding
YOU
(others)

FAILURE

EMPATHY

Understanding
US
(interactions)

BEHAVIOR



**"The opposite of experiencing shame
is experiencing empathy.
Shame can't survive empathy."**

-Brené Brown

Make the quiet parts loud.

**“Until you make the unconscious
conscious, it will direct your life and
you will call it fate.”**

— C.G. Jung

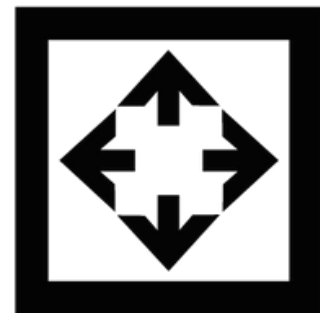
What experiences **FEEL
like failure to you?**

The Failure Lab Archetypes

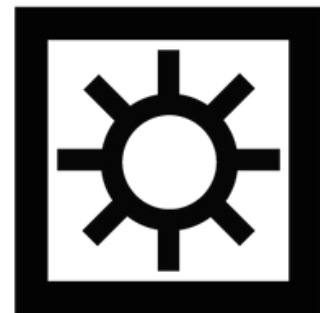
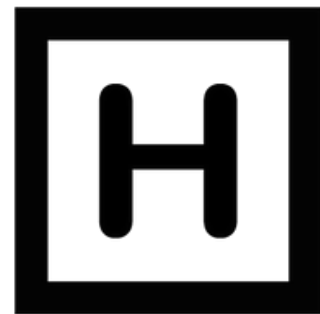
Warrior



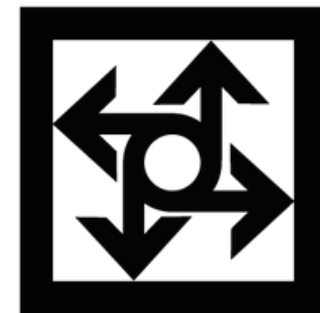
Survivalist



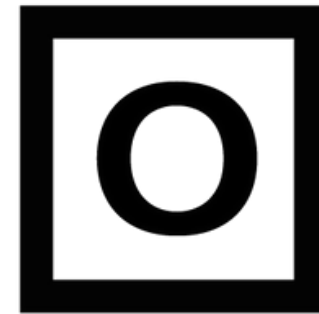
Happy Denier



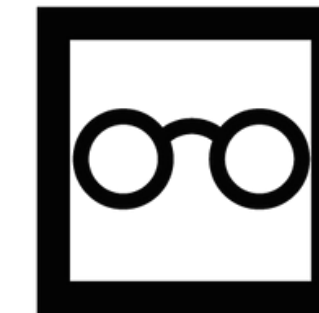
Deflector



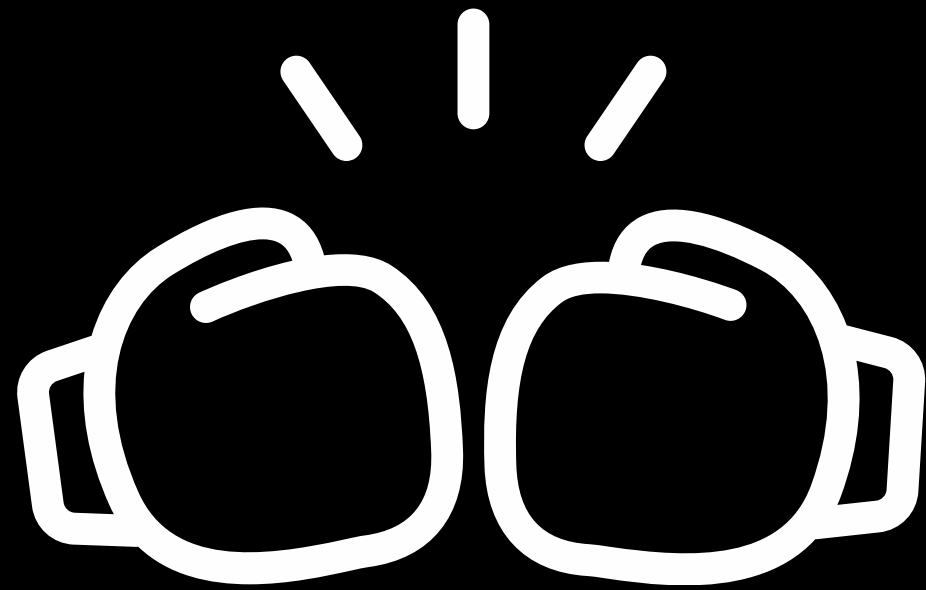
Obsessor



Professor



FIGHT



FLIGHT

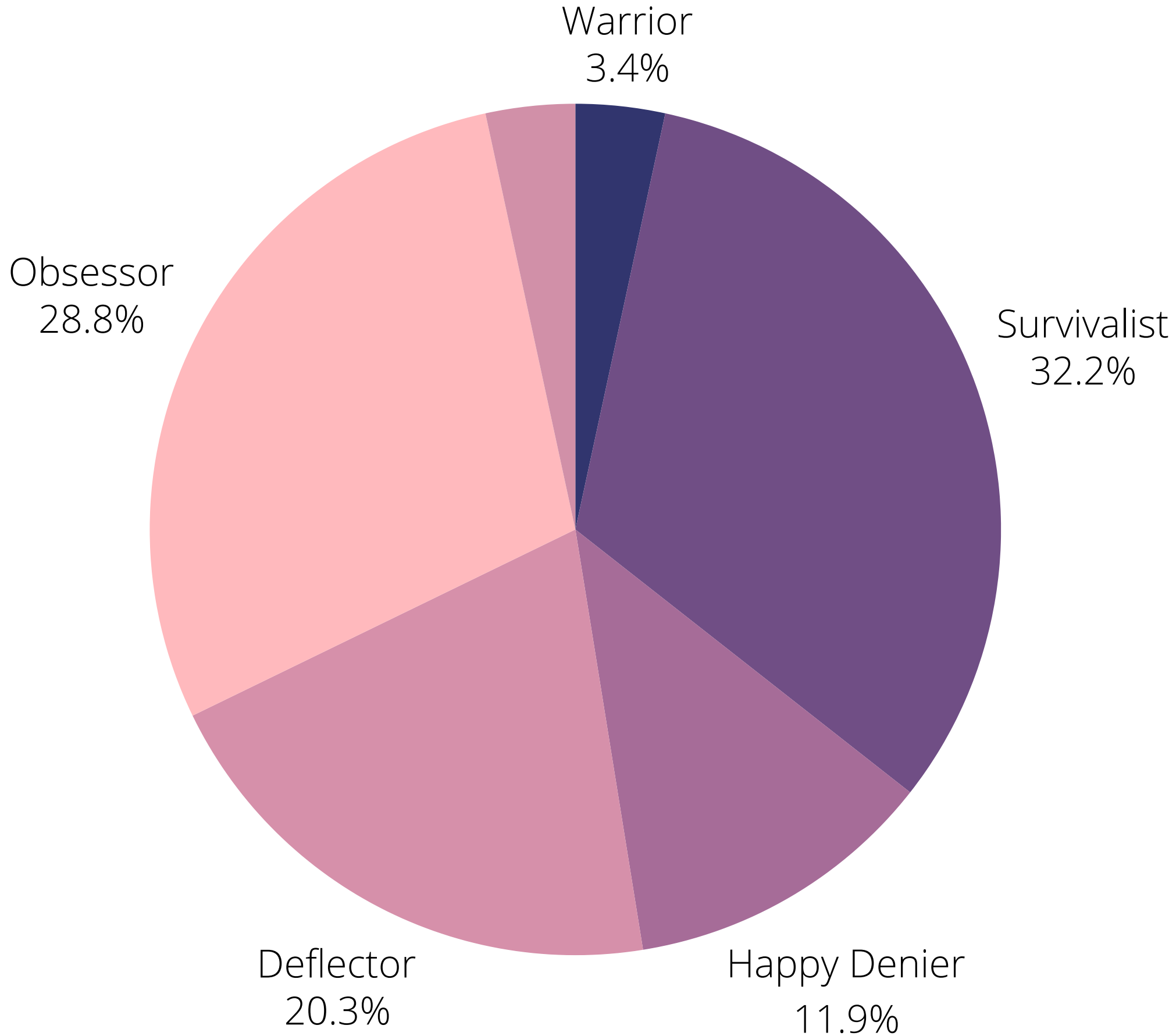


FREEZE

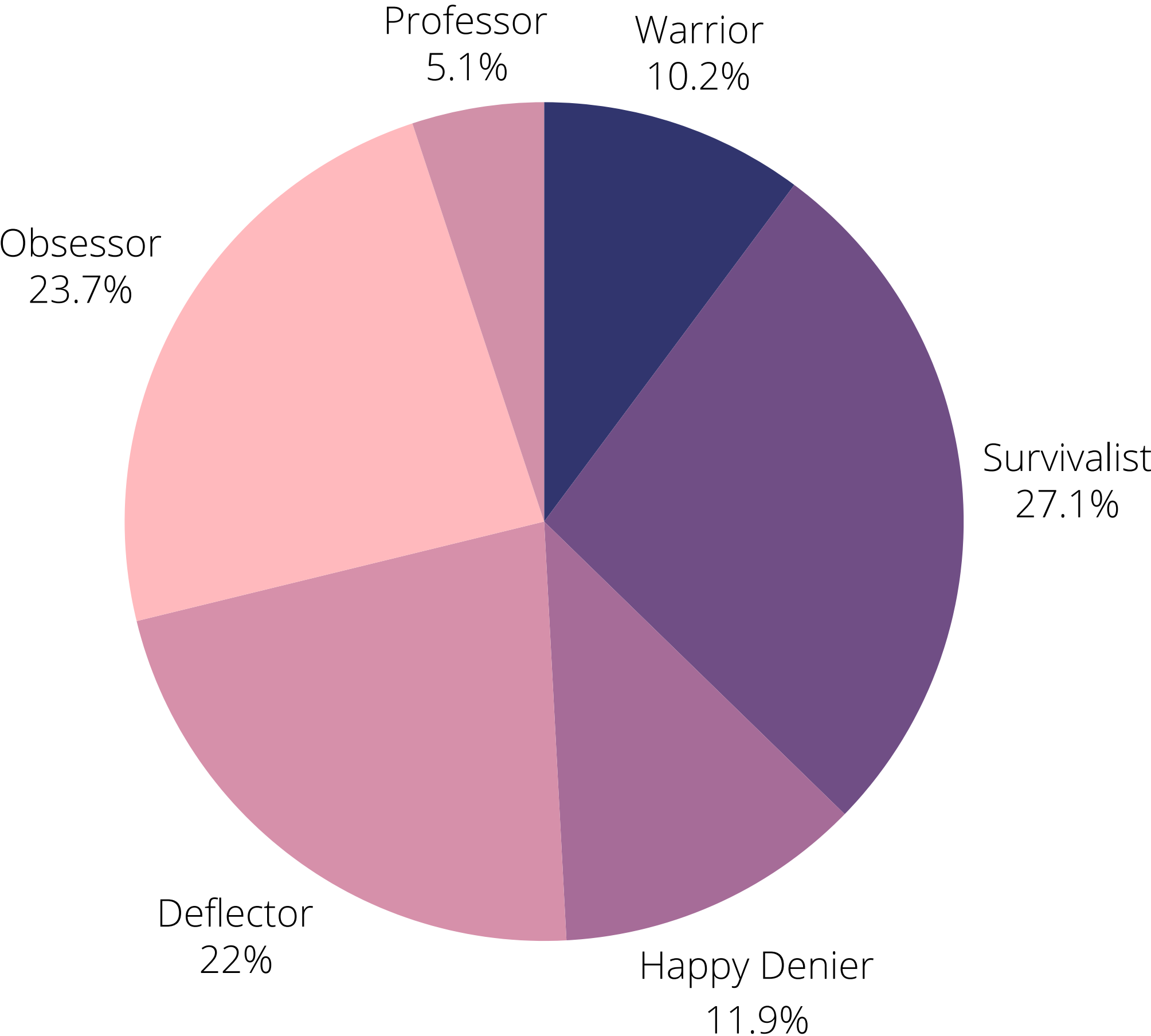


FAILURE = STRESS = DISCOMFORT

Terryberry Webinar Primary Archetypes



Terryberry Webinar Secondary Archetypes

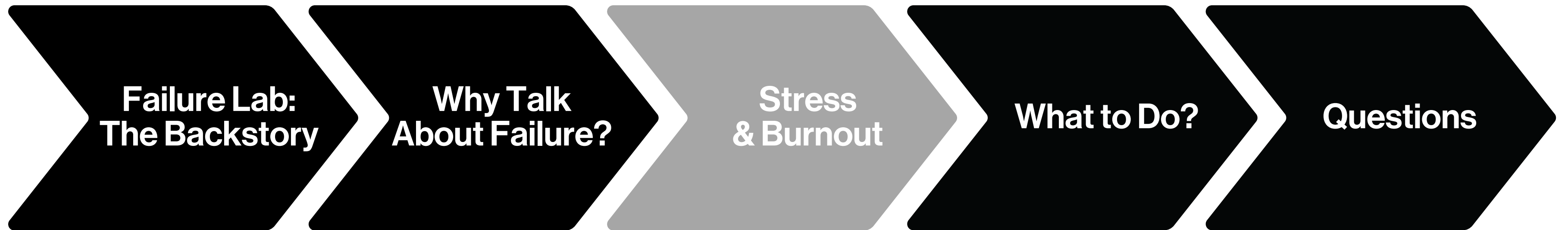


**Why does this
MATTER?**

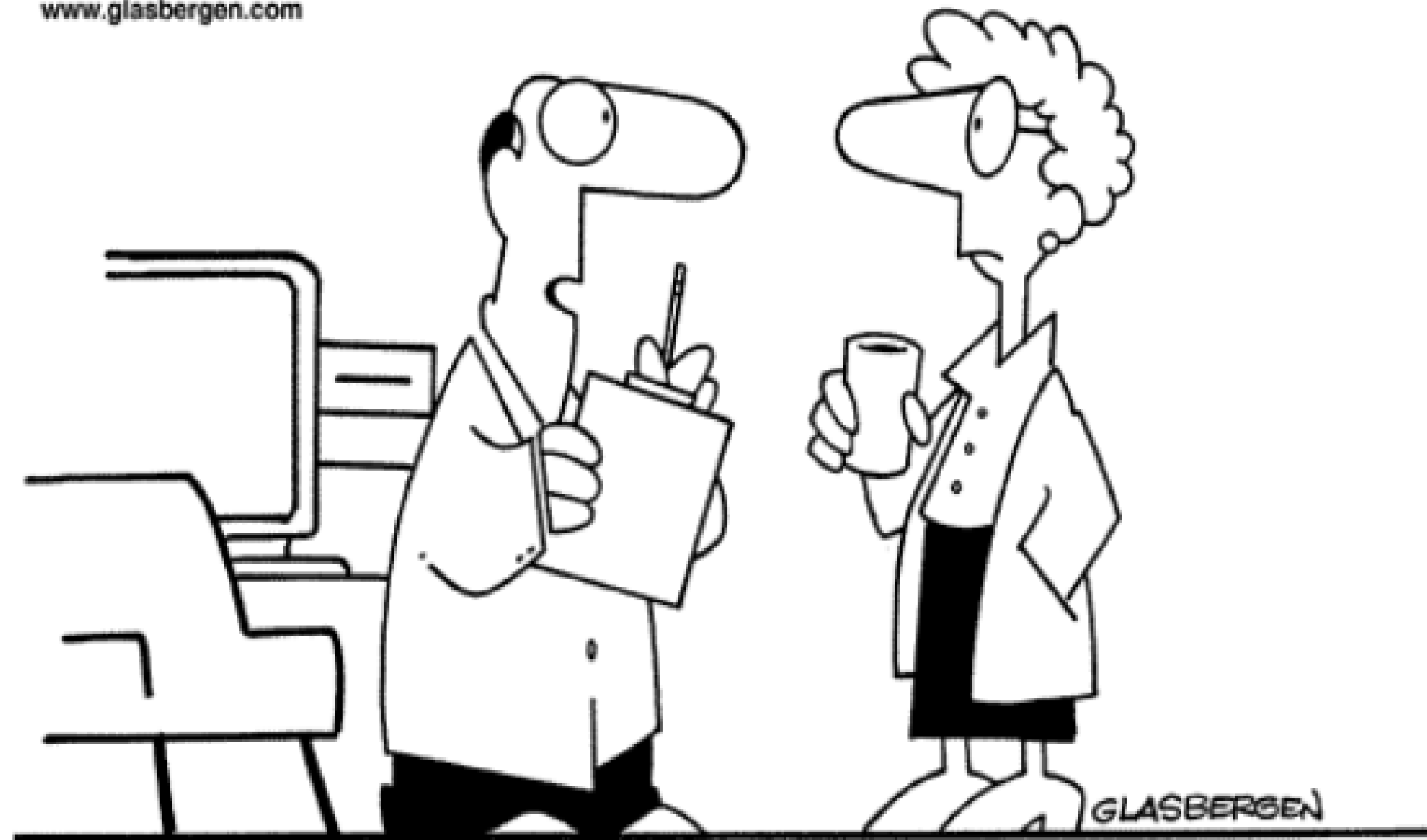


Questions so far?

Stress Management & Burnout Prevention in the Workplace



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“According to the latest research, the average human body is 20% water and 80% stress.”

Common Failure/Stressful Experiences

**Having an upset
employee in your
office that you
cannot help calm**

**Receiving critical
feedback from
someone you
respect**

**Missing a
deadline or
dropping
a ball**

**Not speaking up
for yourself**

**Forgetting a
friend's birthday
or an important
event**

**Disappointing
other people**

**Not understanding
how to do
something/being
able to do something**

**Quitting
something you have
started**

**Not meeting
a personal
goal**

**Saying the
wrong thing**

The Failure Spectrum



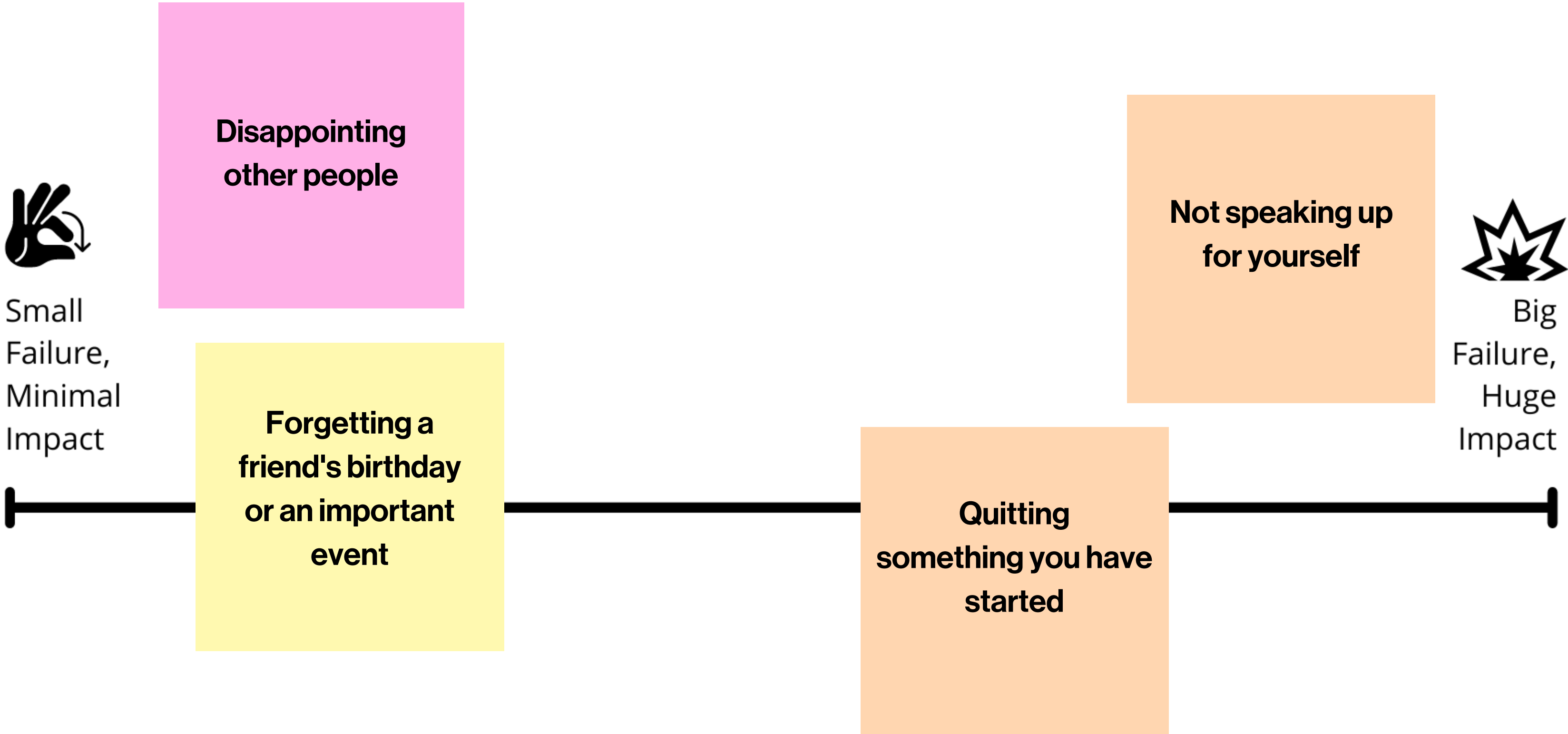
Small
Failure,
Minimal
Impact



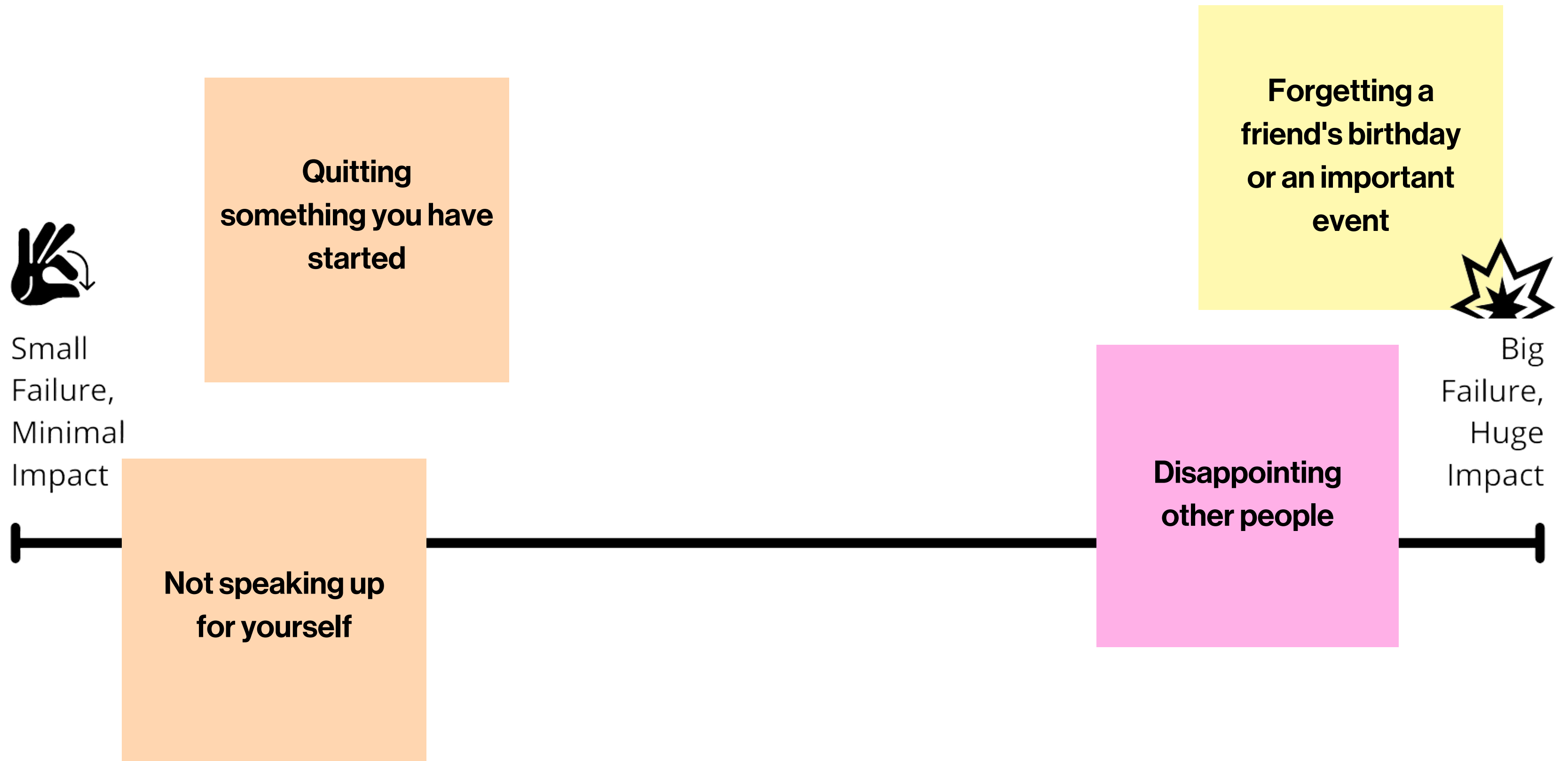
Big
Failure,
Huge
Impact



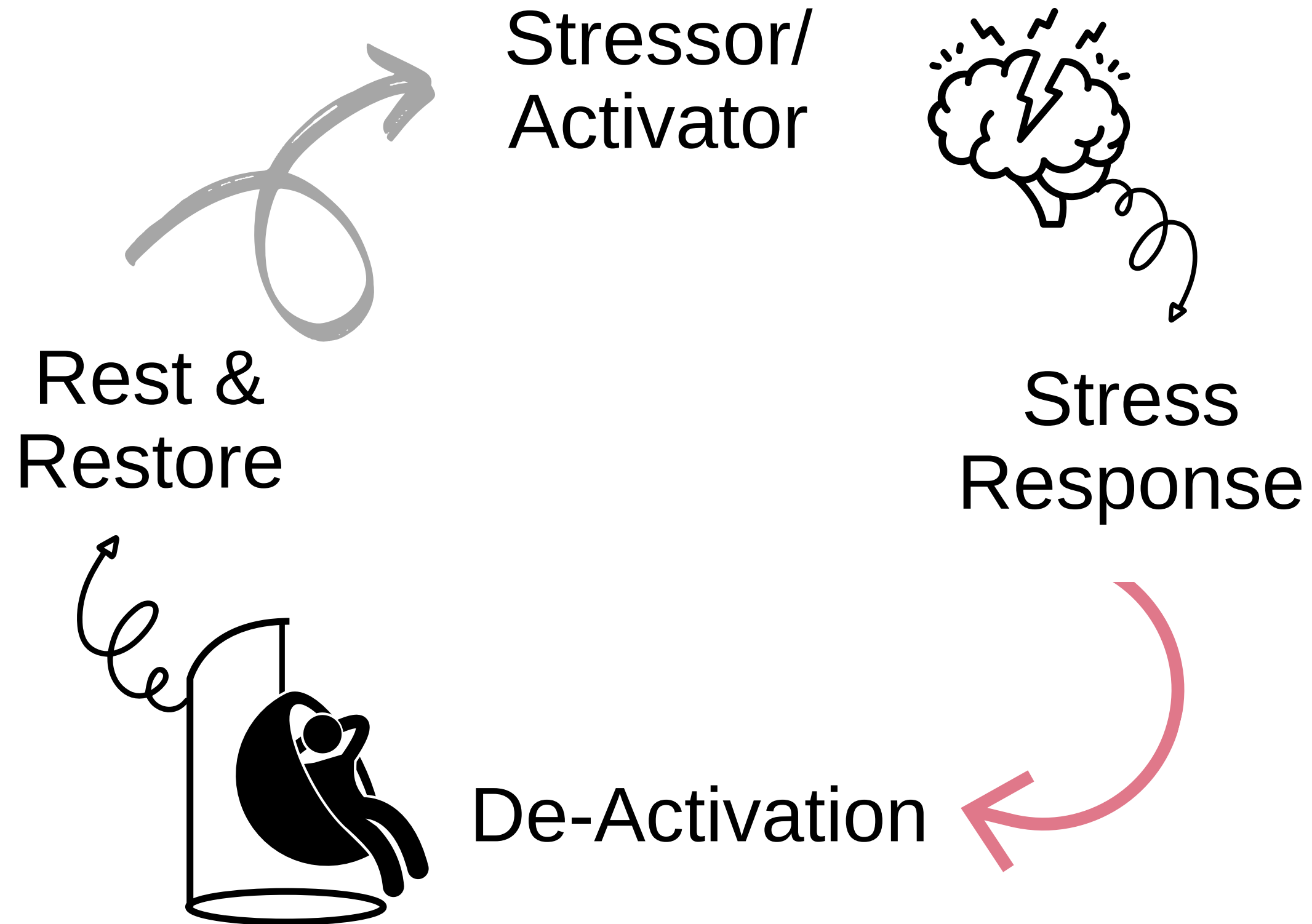
The Failure/Stress Spectrum: Inner

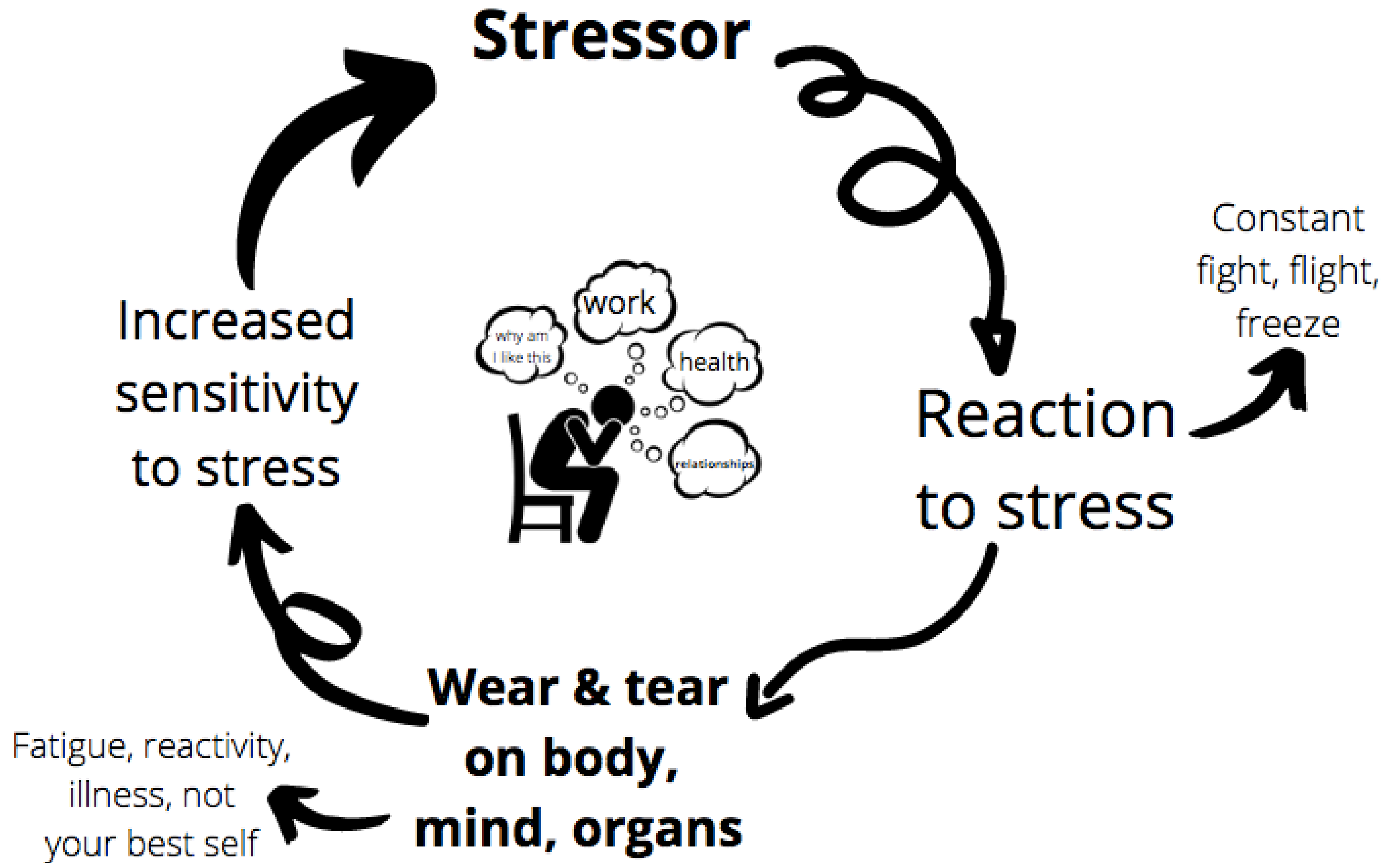


The Failure/Stress Spectrum: Outer



The Optimal Stress Response Cycle





The Tiger in the Woods...



The Tiger in the Woods...

Boss



Hey, can you step into my office for a moment...

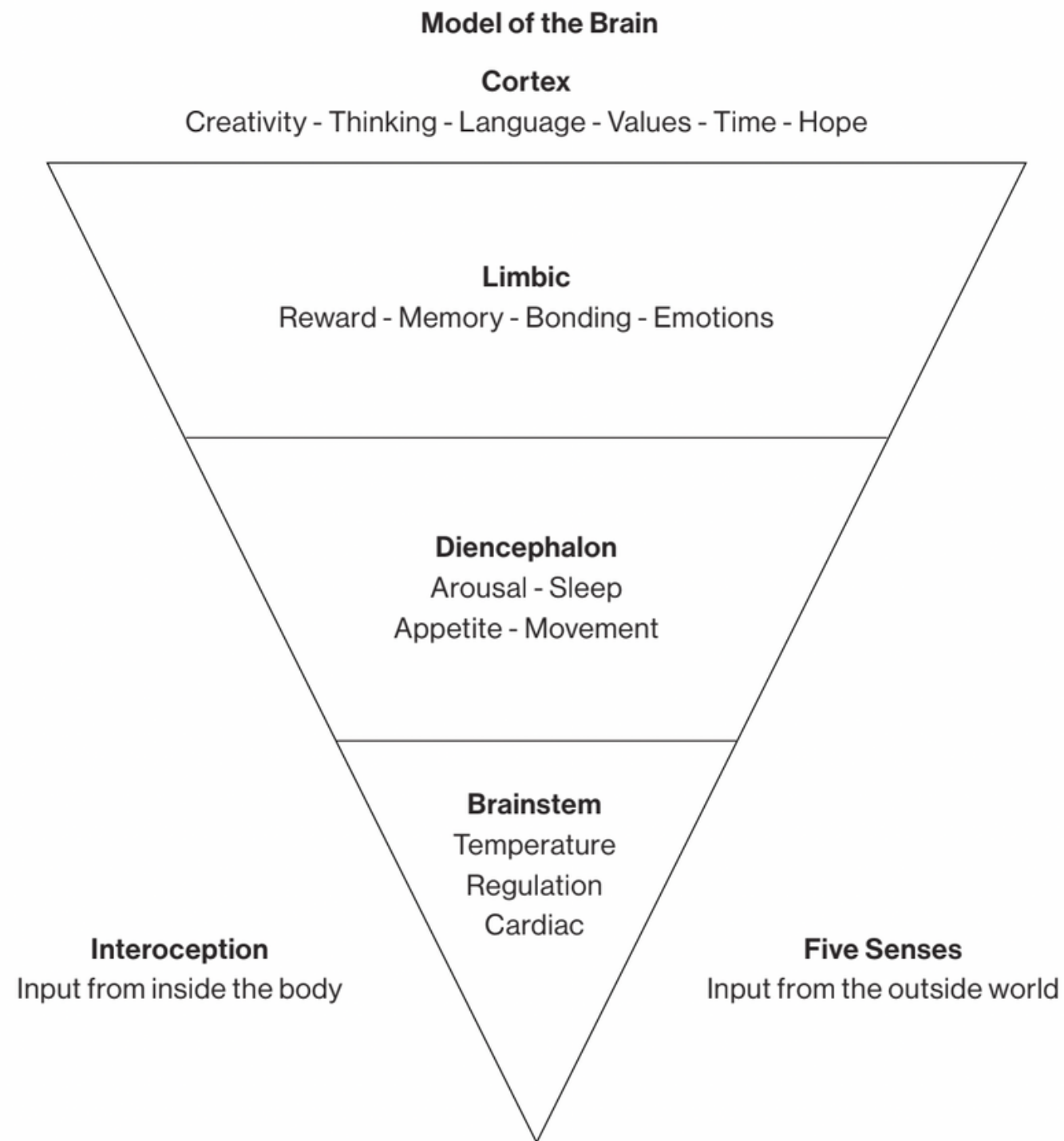
The Tiger in the Woods...

Boss



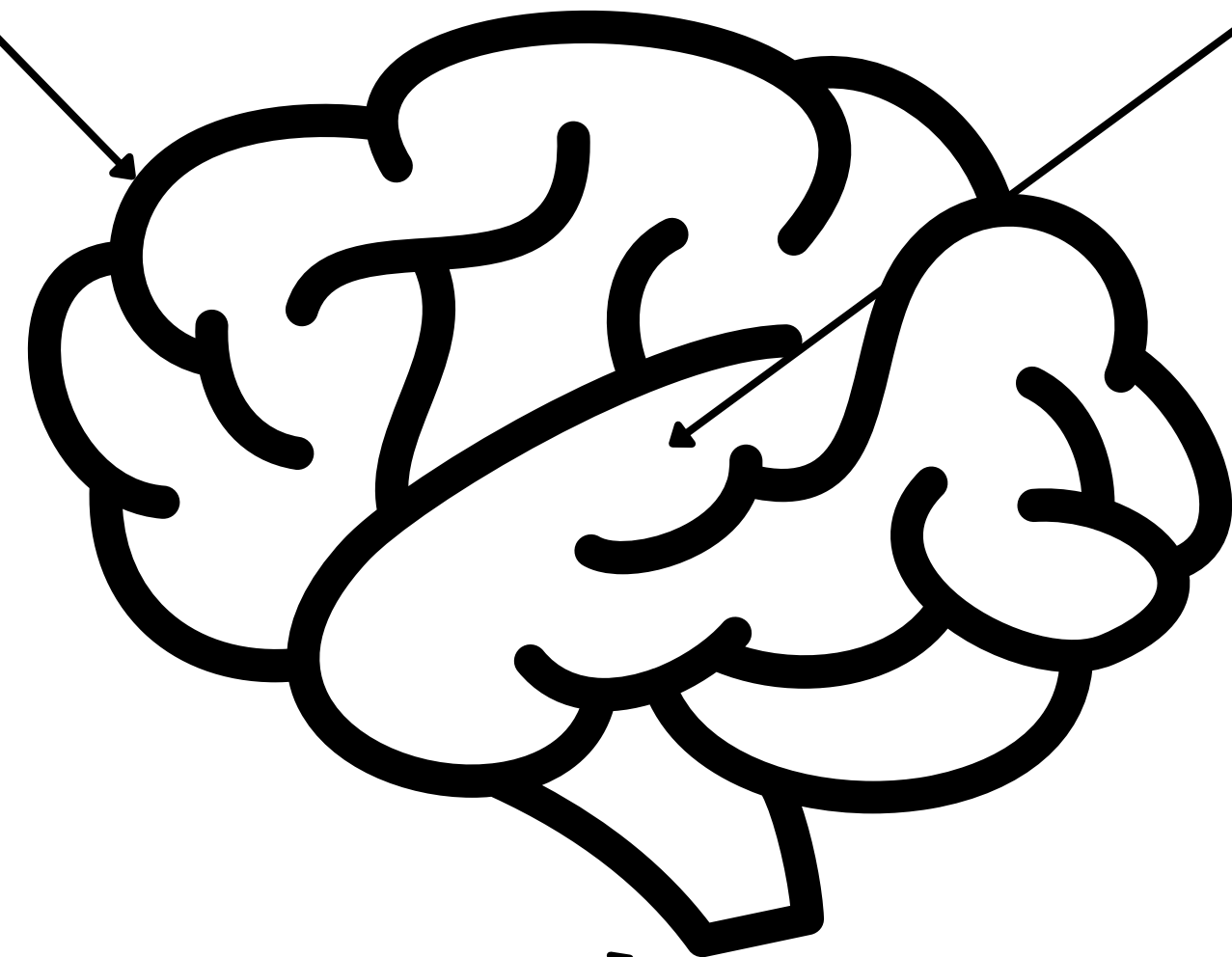
Hey, can you step into my office for a moment...

BOTTOM-UP REGULATION



Pre-Frontal Cortex

Limbic System



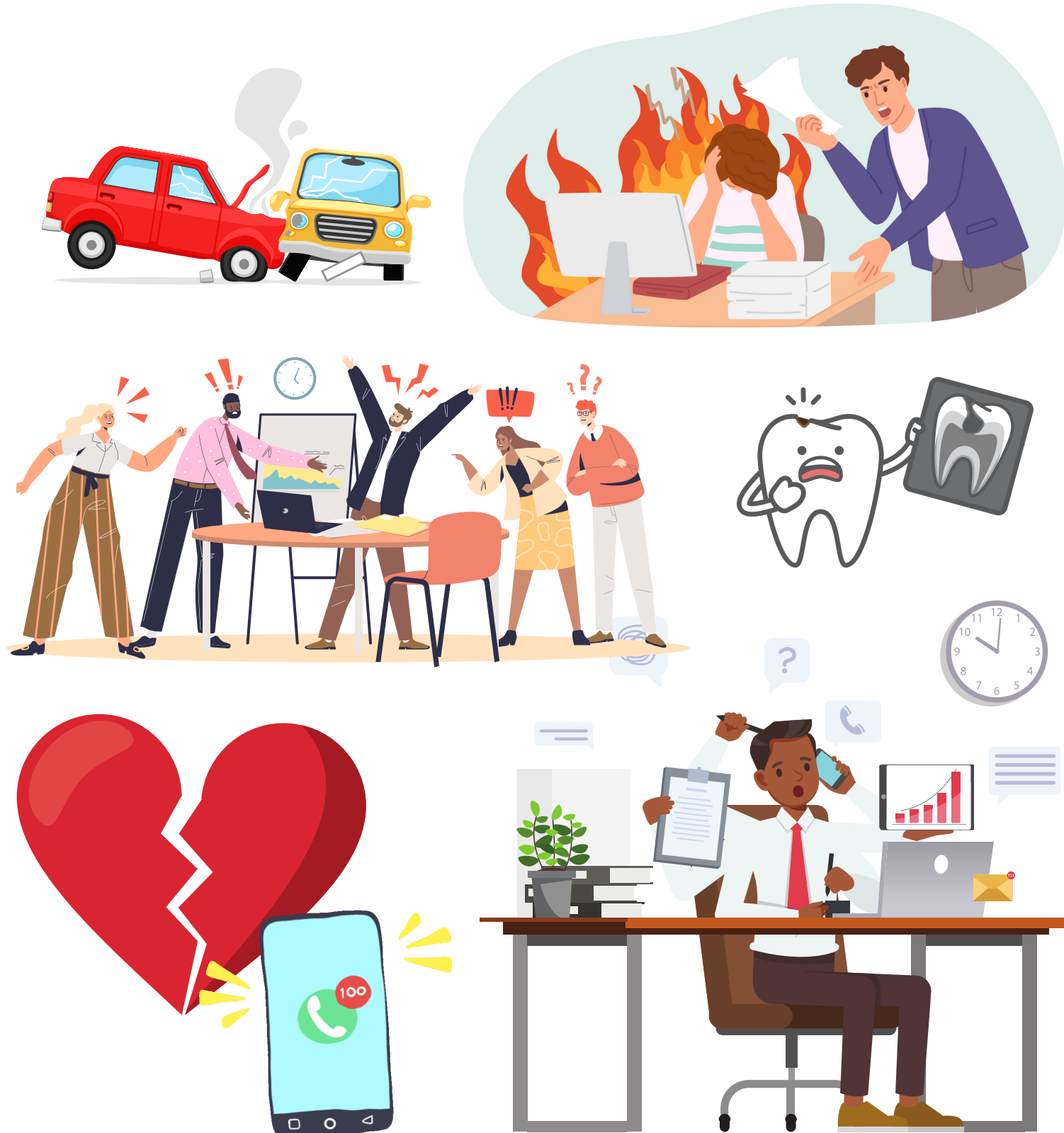
Brain Stem

*Adapted from "What Happened to You" a book by
Dr. Bruce D. Perry, MD, PhD & Oprah Winfrey

STRESSOR

vs.

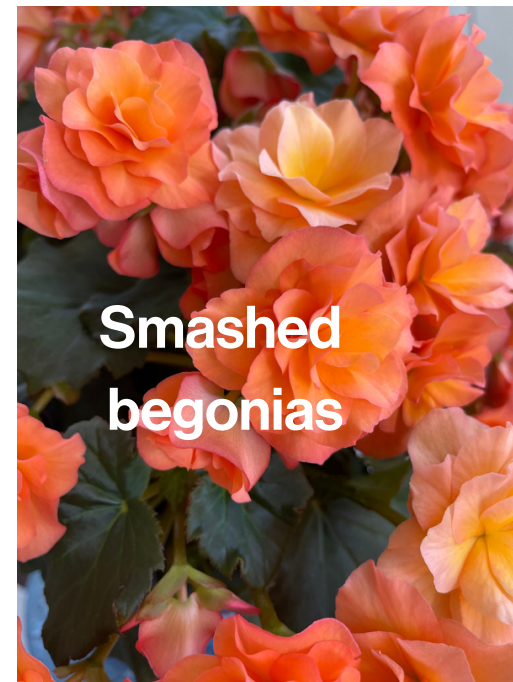
STRESS



Larissa's Failure Spectrum



Small Failure, Minimal Impact



Smashed begonias

Not getting a job or promotion

Missing a deadline or dropping a ball

Disappointing other people



Big Failure, Huge Impact

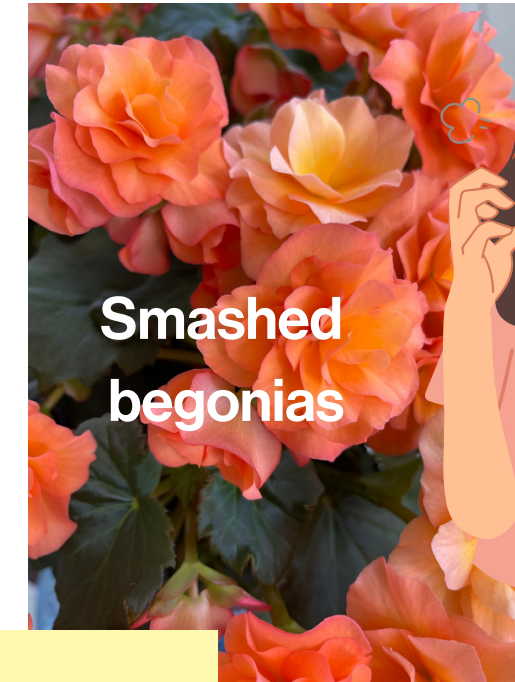
Saying the wrong thing

Not hitting my reading goal

STRESSOR: Communication Issues



Small Failure,
Minimal Impact



Smashed begonias



Communication issues with an employee



Big Failure,
Huge Impact

Not getting a job or promotion

Missing a deadline or dropping a ball

Saying the wrong thing

Disappointing other people

Not hitting my reading goal

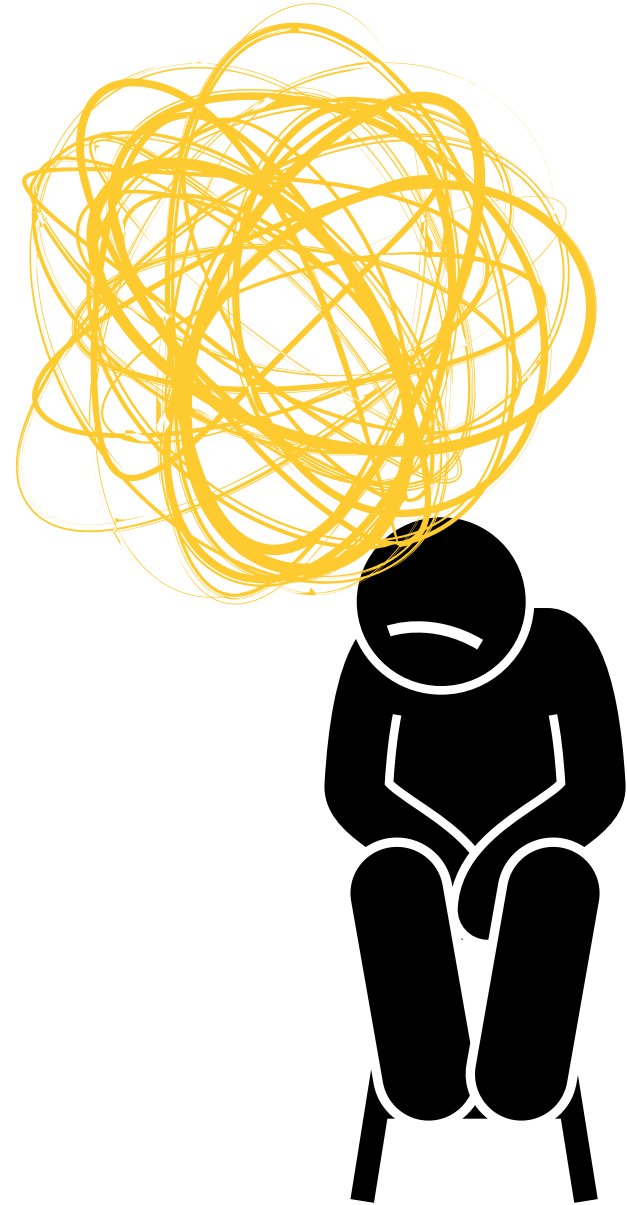
Questions so far?

Stress Management & Burnout Prevention in the Workplace



What Can **YOU and
your organization **DO**
about stress and
burnout?**

Science & Practice



PRACTICE is the
bridge between
default *reactions*
and **chosen**
responses.

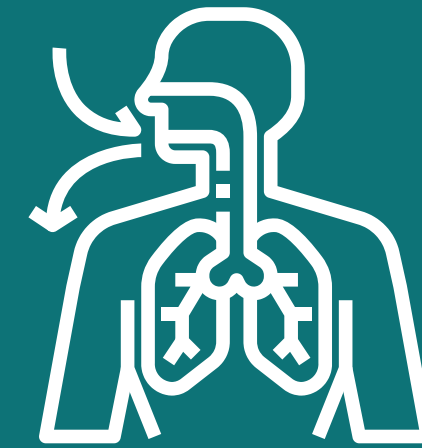


Strategies to Manage STRESS

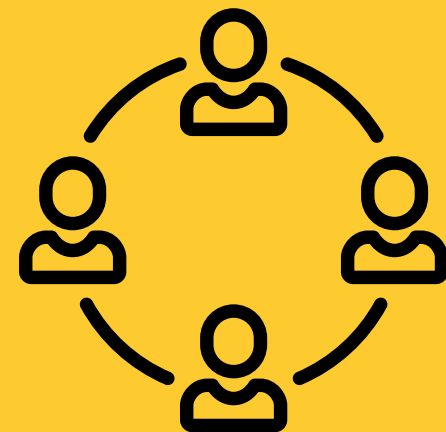
Physical Movement



Breathing



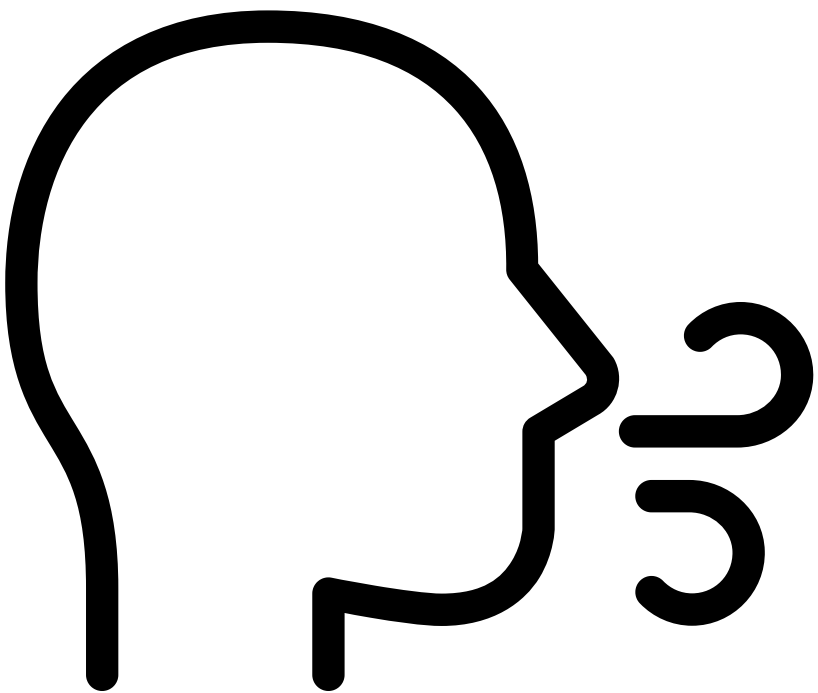
Connection



Creative Expression



Breath Work



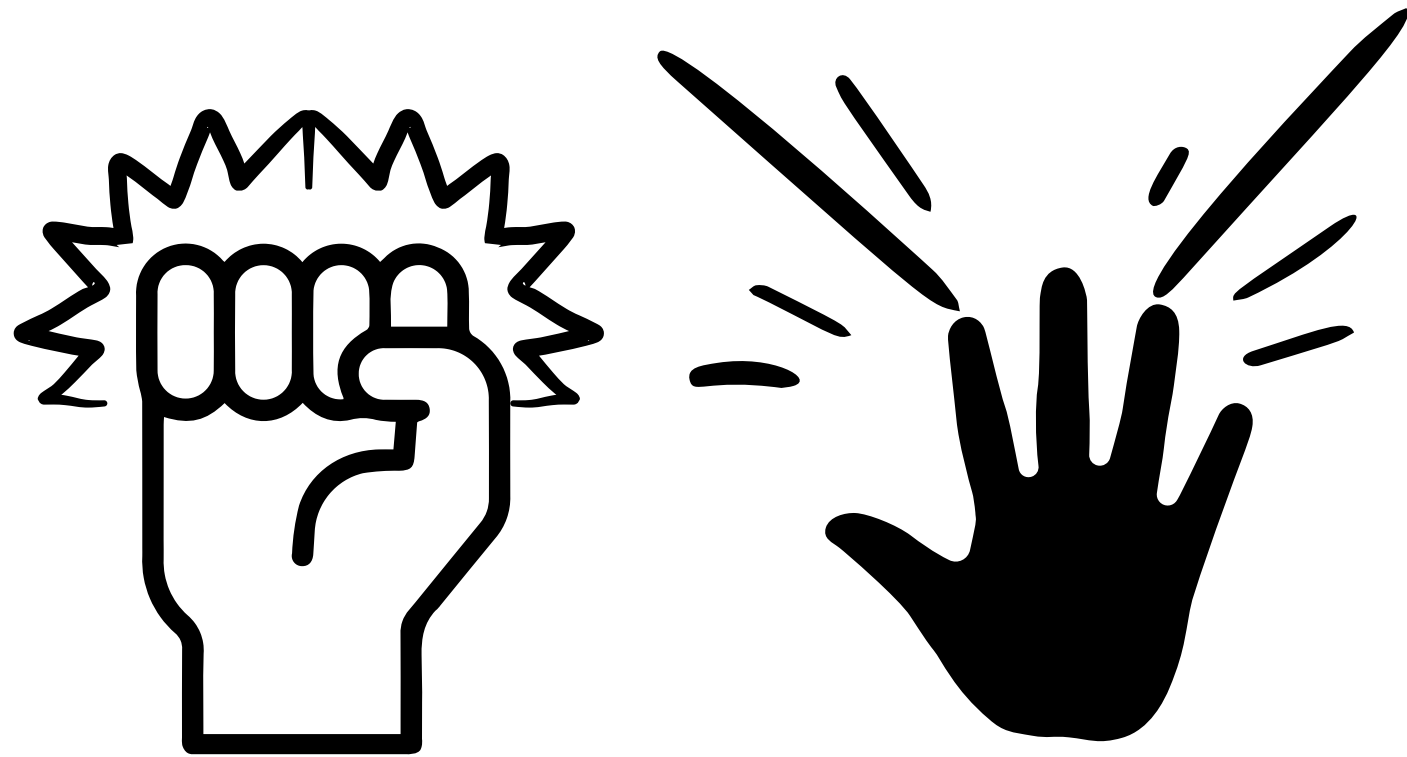
Slow Exhale



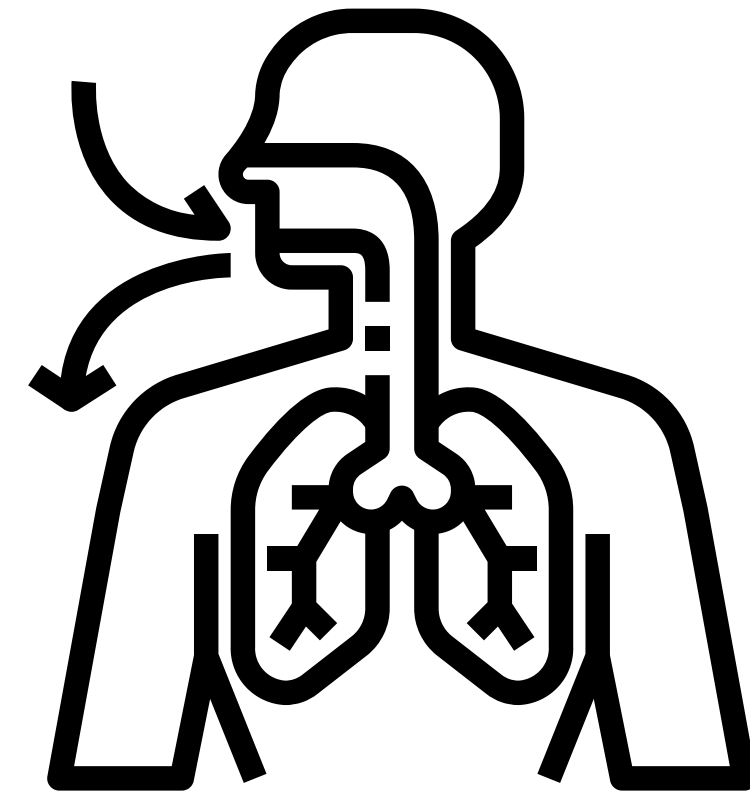
Box Breathing

Physical Movement

This does **NOT** have to mean exercise!!

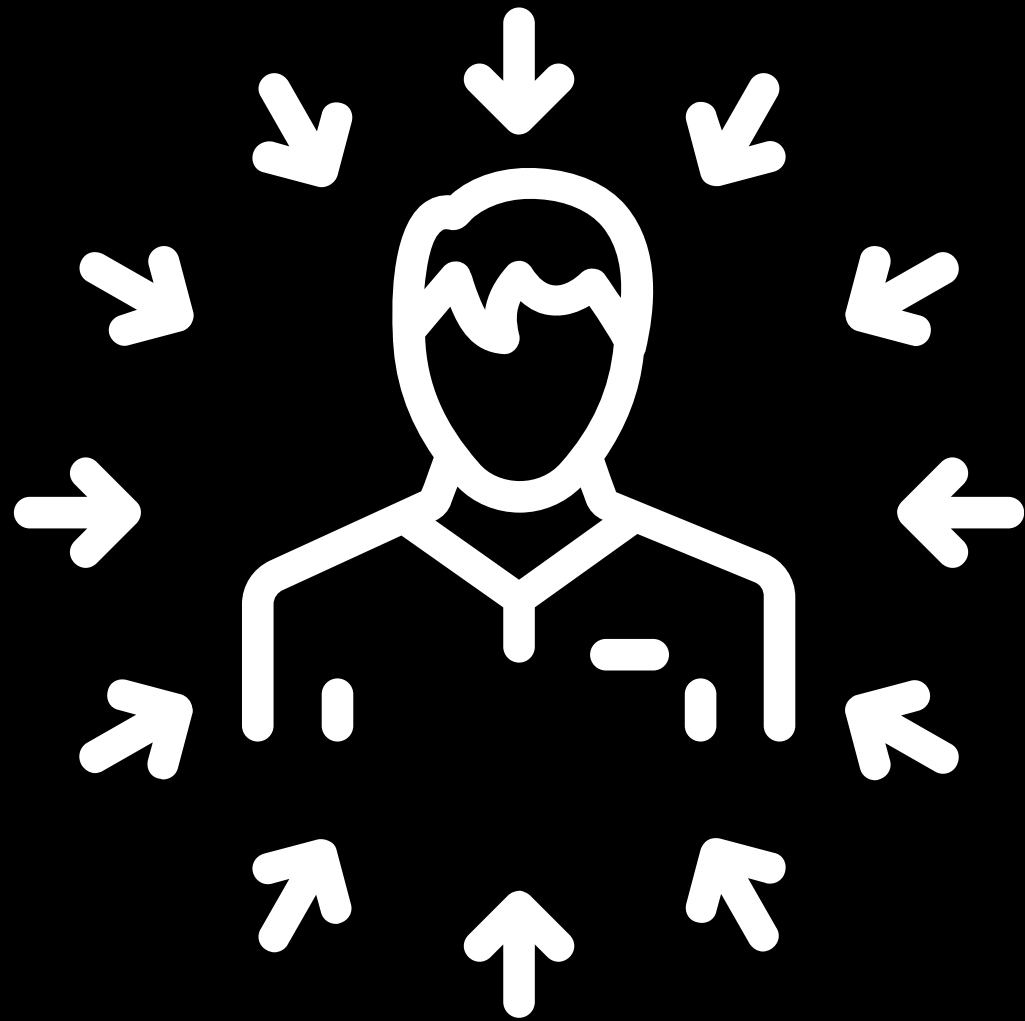


Create and Release Tension



Psychological Sigh

Awareness & Curiosity



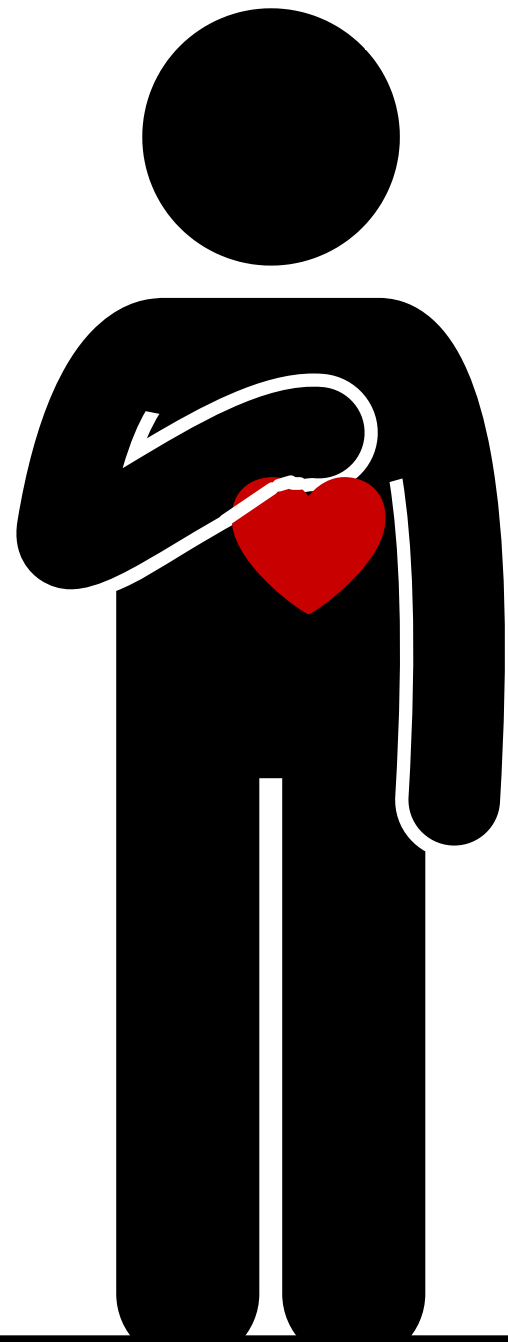
Awareness (of Self)



Curious vs Judgemental

Make the quiet parts **loud.**

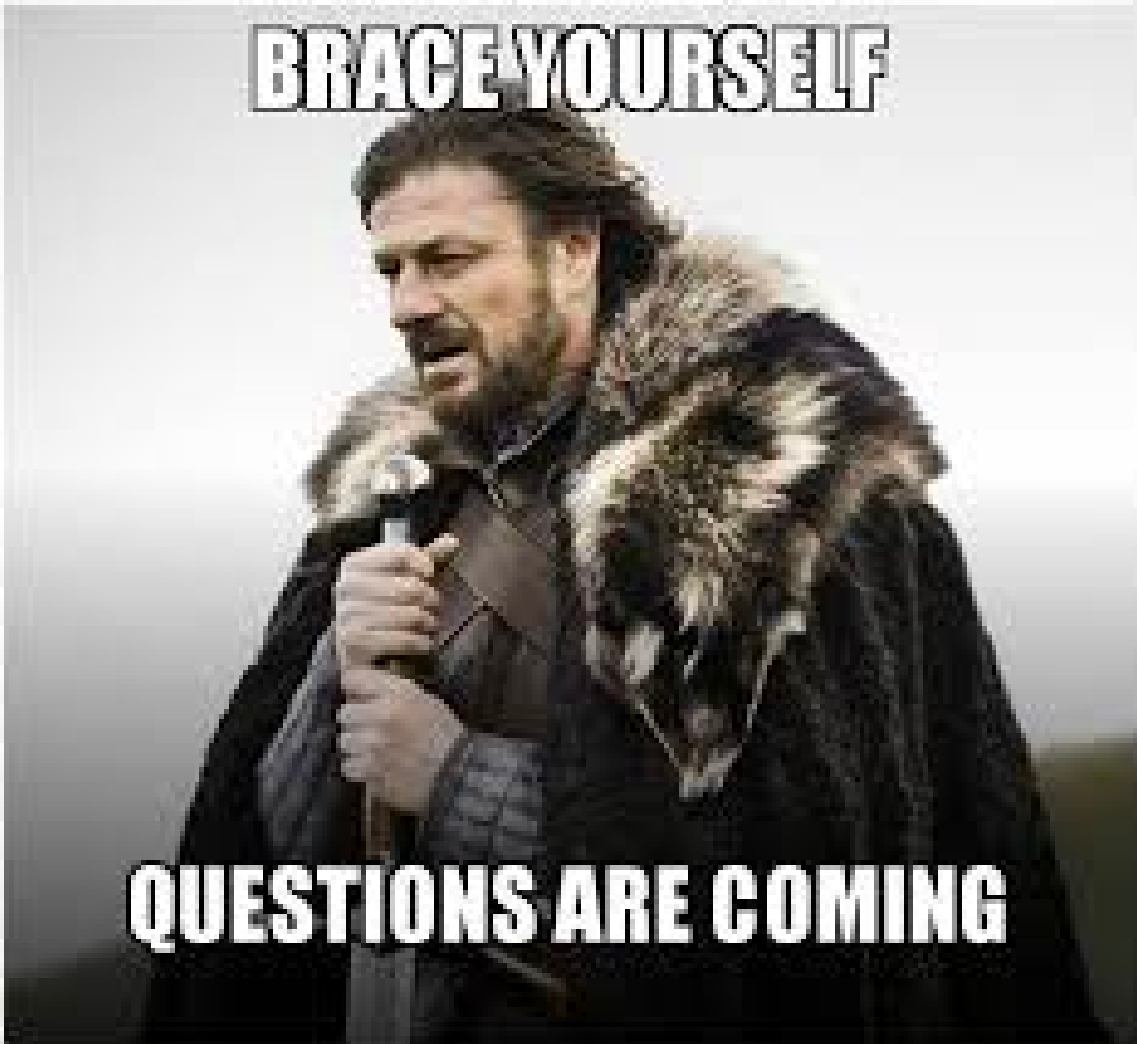
**Normalize not just talking about
STRESSORS, but moving the
stress THROUGH your body,
to **avoid burnout** in the long run.**



**Take care of the
STRESS in your body by
taking care of yourself
move, breath, reflect...**

**then share these tools
with your team.**

BRACE YOURSELF

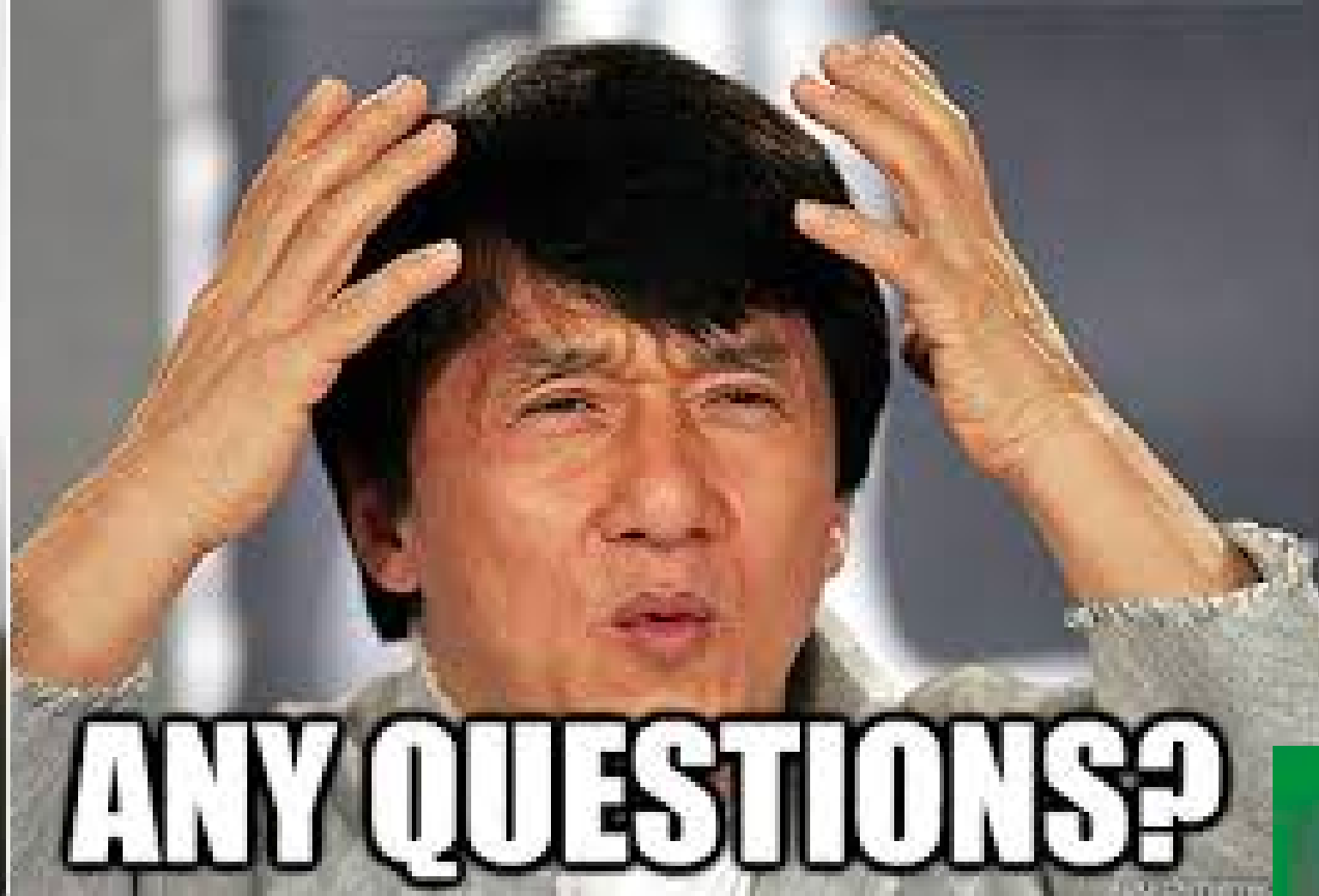


QUESTIONS ARE COMING

YA'LL GOT ANY

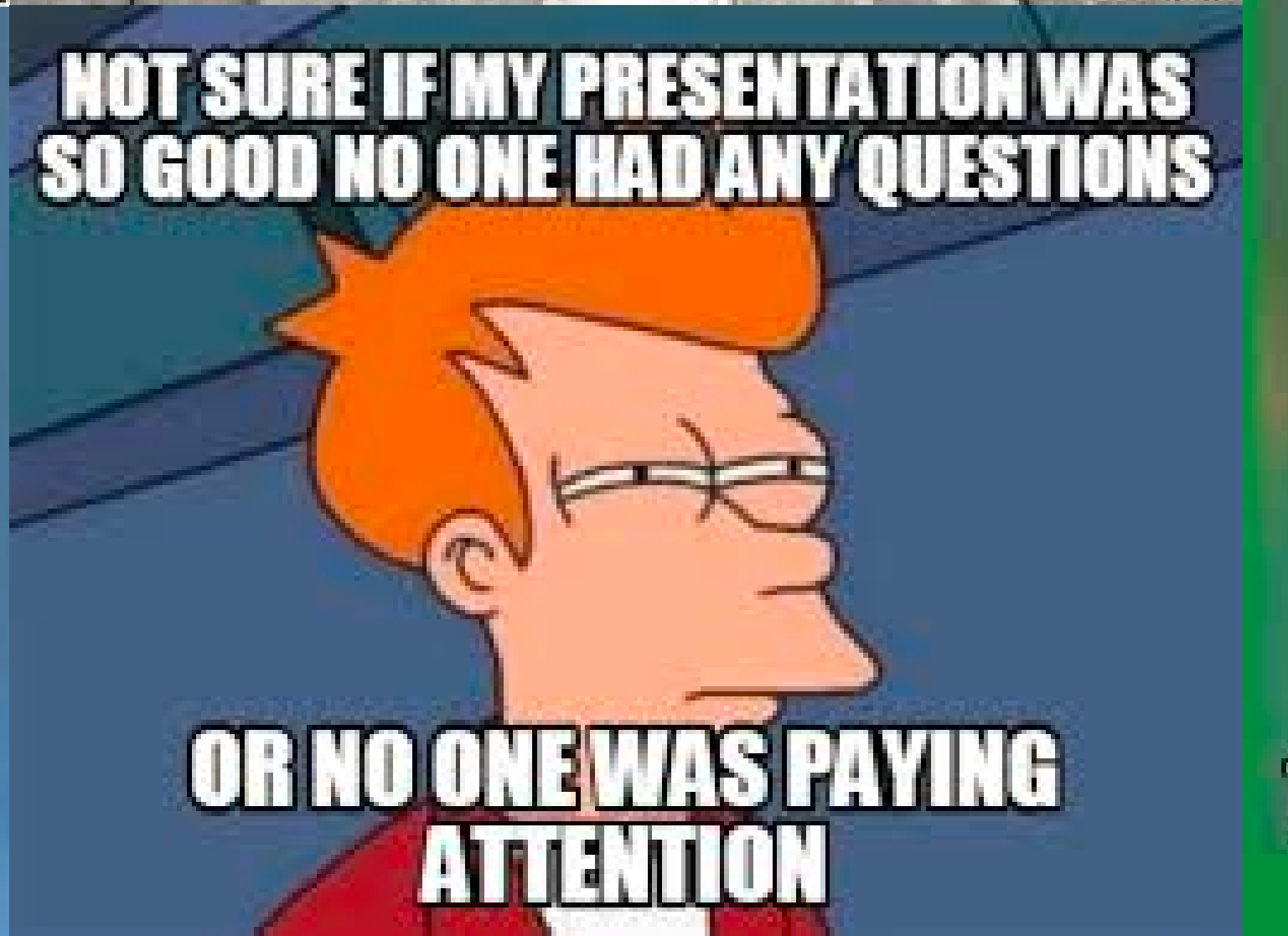


QUESTIONS?



ANY QUESTIONS?

**NOT SURE IF MY PRESENTATION WAS
SO GOOD NO ONE HAD ANY QUESTIONS**



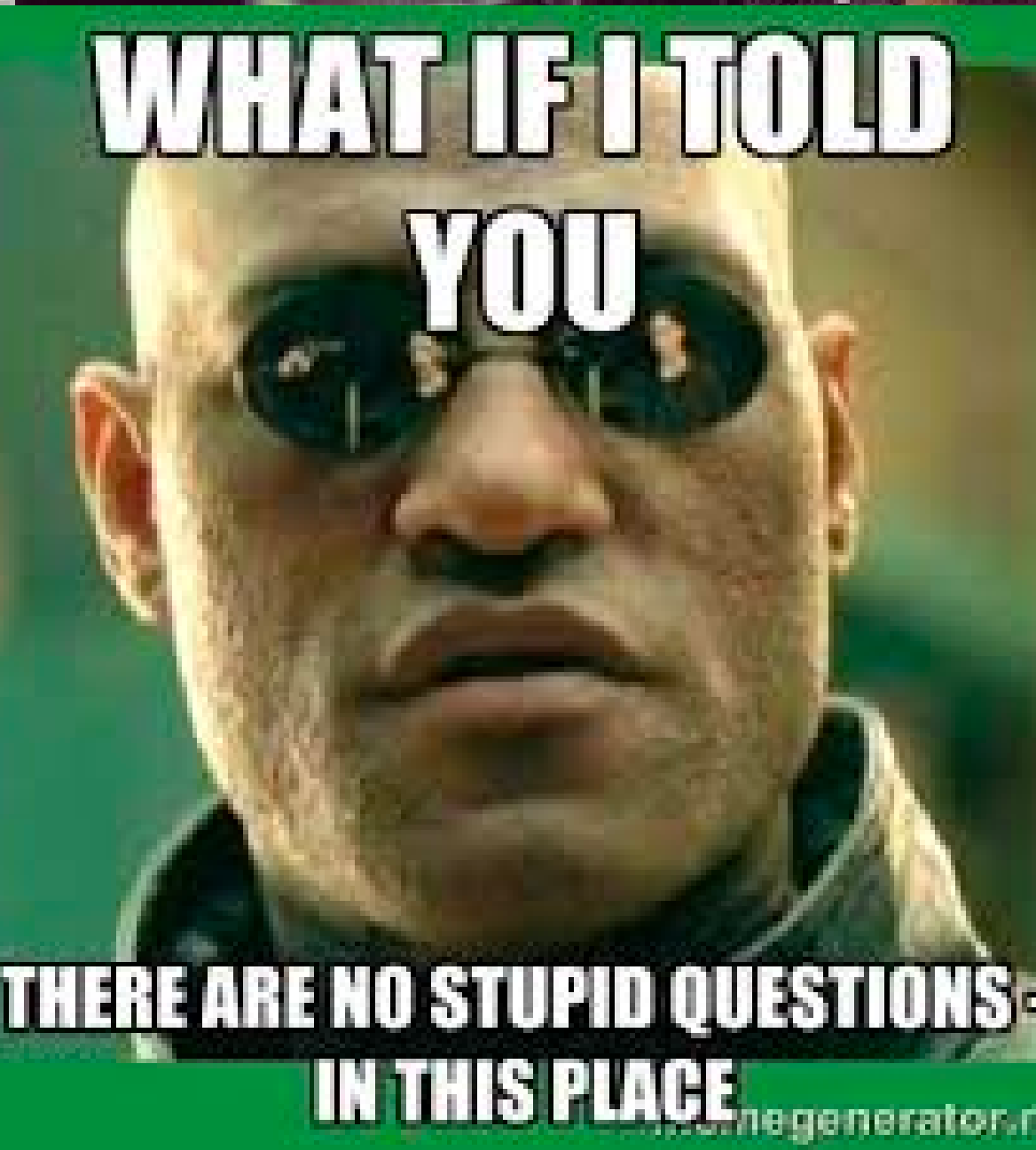
**OR NO ONE WAS PAYING
ATTENTION**

ANY QUESTIONS



DO YOU HAVE?

**WHAT IF I TOLD
YOU**



**THERE ARE NO STUPID QUESTIONS
IN THIS PLACE**

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