

Here's a game for your next Staff Meeting that will encourage **Courage**

Goal: To change our relationship with Failure. So many of us are so afraid of failing or making a mistake that we don't offer up our opinion, participate in discussions or try new things.

How it works:

One at a time, have a person come to the front of the room and share with pride a made up failure (not a real failure – this isn't a therapy session). Something of consequence (such as shrinking your wife's favourite sweater in the dryer) but not traumatic (no running over pets with your car). Once they have shared this failure, the rest of the group gives them a wild and rousing ovation in celebration while the person at the front of the room takes a dramatic "ta-da!" bow, sinking in the applause. The game finishes when everyone's had the chance to celebrate having 'failed.'

Insider Tips:

- *Both before the game and after, make sure to explain WHY you are playing the game:*
 - *We're trying to create a new relationship to what we think of as failure. When we fail, it often means we're pushing ourselves to develop new skills. It means we are taking risks. And our so-called "failures" can lead us to possibilities we never would have imagined and that's worth celebrating.*
- *Emphasize that failures should be made up – no need to make people share personal information*
- *Often, people shrink from applause and recognition and will want to take a quick bow and run off stage. The whole point is to soak it in. What would it be like if we celebrated our failures rather than being afraid to take action in the first place?*

