

Squiggly Careers PodSheet

How to respond to mistakes



“ We are all going to make mistakes.
Once you accept that, you can look failure in
the face and build up emotional resilience. ”

Elizabeth Day, author 'How to Fail'

How does it feel when you make
a mistake?

Focus on your inner coach, don't feed your inner critic



Everyone makes mistakes. They are
unintended and unanticipated events that
make us feel uncomfortable, but it is important
to react to them in a positive way.



Adopting a growth mindset for mistakes
sounds like: *'what have I learnt?'*.
It helps us build resilience and move forward
with confidence.

Ideas for Action

1

Say sorry - the right way

Take accountability and acknowledge your
mistake but don't over-explain or over-
apologise. Talk about what you'll do differently
next time and show empathy/self-awareness.

2

Use a learning lens to relook at your mistakes

Think of 3 mistakes you have made:

- Is there a common theme that contributed to
the mistakes being made?
- How did you respond?
- What could you do differently in future?

3

Respond vs. React Using the LEARN framework:

L - Listen to a friend or colleague's perspective
E - Explore solutions and ideas
A - Ask for help
R - Rebuild relationships/confidence
N - Next time - what would you do?

4

Share your mistake

Creating a culture of where people feel safe
discussing mistakes reduces fear and helps
other people to learn.

Coach Yourself Questions

1

Reflecting on a mistake you have recently made, how
would you react differently in future?

2

How can you help someone else learn from a mistake you
have made?

Recommended resources



How to Fail - Elizabeth Day

Inspiring stories about how to
respond to failure



Mistakes & Original Ideas

Sir Ken Robinson talking about
the link between mistakes and
creativity.



How to respond when work goes wrong

Squiggly Careers episode #113

Amazing if