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## LESSONS WE CAN LEARN FROM OUR MISTAKES



### REFLECTION

Mistakes teach us about what went well and what did not go so well. They allow us to use reflection as a positive learning experience



### PERSPECTIVE

Mistakes allow us to view situations from a different perspective



### COPING

Mistakes teach us about how we cope in certain situations. They help us to prepare more effectively when in similar scenarios



### RESILIENCE

Mistakes teach us about the importance of hard work. They teach us to never ever give up



### PLANNING



Mistakes teach us about organisation and planning. They help us to understand how to improve for the next time

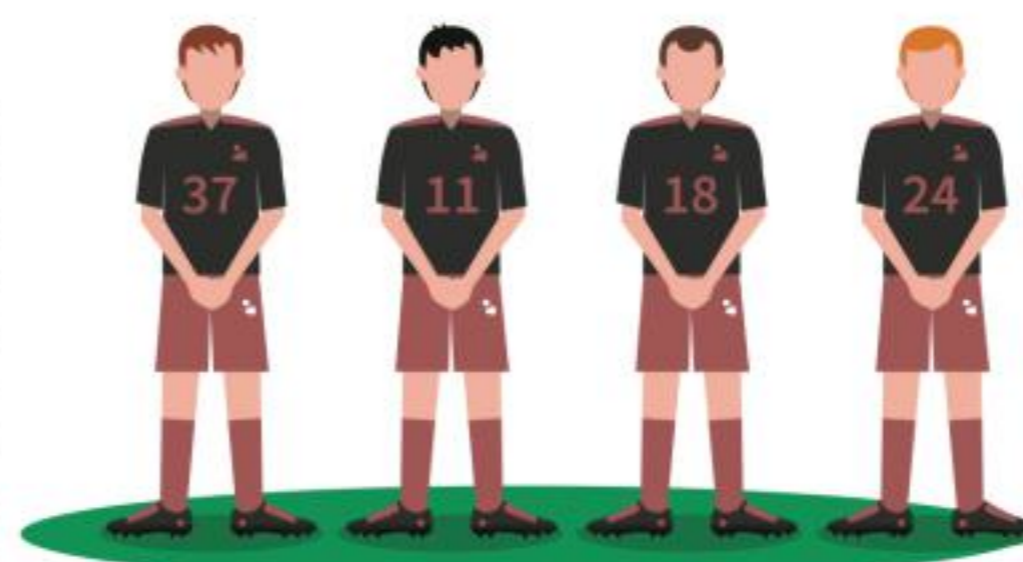


### OBSTACLES

Mistakes teach us about how to overcome obstacles. They help us to evaluate and analyse situations from a new perspective

### RESPONSIBILITY

Mistakes teach us about becoming responsible for our actions.



### TEAMWORK

Mistakes can help to teach us about the importance of teamwork and support.



### PROBLEM SOLVING

Mistakes teach us about the importance of problem solving. They teach us about how to think more effectively to overcome obstacles



### KNOWLEDGE

Mistakes teach us about the importance of learning and continual development to improve skills