



5 WAYS TO REDUCE THE FEAR OF MISTAKES



NO SHAME OR BLAME POLICY

Don't laugh or ridicule others when mistakes happen. We are all learning.



ADDRESS THE PROBLEM

Don't be an ostrich and bury your head in the sand. What can you do to make the situation better?



LEARN FROM YOUR MISTAKES

To fail is positive. To fail is an experience. To fail is a first attempt in learning.



DON'T BOTTLE IT UP

Talk to a person you trust like a parent, coach or friend.



FOCUS ON WHAT YOU CAN CONTROL

Enjoy the now. A lot of the things you worry about are out of your hands and potentially down to chance.