



**F&I Evening Webinar with Charlie Unwin
24 February 2025, 7pm on Zoom**

**“The ‘F’ Word”
The Role of Failure in the Quest for Success
*Supporting a Growth Mindset***

The F&I Association is known to members as a safe space for candid conversations.

No subject could be more deserving of such an environment as an in-depth examination of the role of failure in sport, coaching and exams (assessments).

No one is better versed in the psychology of emotional survival than our great friend Charlie Unwin: <https://www.performancelegacy.com/>

Supporting a growth mindset

- Is Failure still taboo? (Personal stories/examples)
- Managing expectations
- Growth mindset as a competency measure
- Drive to learn and drive to transfer
- Beyond a binary outcome: Scales of success
- Delivering world class feedback
- The role of our Association in the perception of success and failure

Please take advantage of this amazing opportunity and contact the evening's host, Danny Anholt on dannyanholt@btinternet.com to register your interest. The fee for the evening is £15, payable to F&I Association A/C no. 00472754, Sort 30-94-93

Dealing with Failure

Ernest Hemingway wrote: "The hardest lesson I've had to learn as an adult is the relentless need to keep going, no matter how shattered I feel inside."

Life doesn't pause when our hearts are heavy, our minds are fractured, or our spirits feel like they're unraveling. It keeps moving—unrelenting, unapologetic—demanding that we move with it. There's no time to stop, no pause for repair, no moment of stillness to piece ourselves together. Life doesn't wait.

No one prepared us for it. We grew up on stories filled with happy endings. But adulthood strips away those comforting narratives. It reveals a harsh truth: survival isn't glamorous or inspiring most of the time. It's wearing a mask of strength when you're falling apart inside. It's showing up when all you want is to retreat. It's choosing to move forward, step by painful step, when your heart begs for rest.

The miracle of being human is that we endure. Somewhere in the depths of our pain, we find reserves of strength we didn't know we possessed. We learn to hold space for ourselves, to be

the comfort we crave, to whisper words of hope when no one else does. Over time, we realise that resilience is a quiet defiance, a refusal to let life crush us.

There are days when it feels impossible to take another step. But, we move forward. Each tiny step is proof of our resilience, a reminder that we're still refusing to give up. That courage is the quiet miracle of survival.

What's the hardest lesson you've had to learn as an adult, and how has it shaped who you are today?

