

## *Don't be Devastated by Failure Grow from it!*

We know that the best learning and growth can come from failing and yet most of us avoid it like the plague.

Why do most people fear it?

### **PLAIN AND SIMPLE, WE ARE HARD-WIRED TO AVOID FAILURE.**

In this talk **Louisa Jewell, MAPP** explains what is happening in our brains when we fear failure and how you can rewire your brain to embrace failure and leverage it for greater performance and innovation. Research shows that the most successful people are not necessarily the most intelligent people – but rather those who have the grit to persevere through any setback or failure.

Louisa will highlight the major pathways to embracing failure and science-backed strategies that will fuel greater performance for you and your team.

### *About Louisa Jewell, MAPP*

Louisa Jewell is a speaker, author, and Canada's leading expert in positive psychology. She has taught thousands of people to flourish – both at work and in their personal lives – using positive psychology.

Louisa is a graduate of the ground-breaking Master of Applied Positive Psychology (MAPP) program at the University of Pennsylvania which is the first master's program in the world that offers in-depth study of the science of psychological well-being, led by renowned psychologist, Dr. Martin Seligman. Louisa is a professor of positive psychology at the University of Texas and was an instructor at the University of Toronto and regularly delivers webinars and workshops to positive psychology practitioners around the world.

