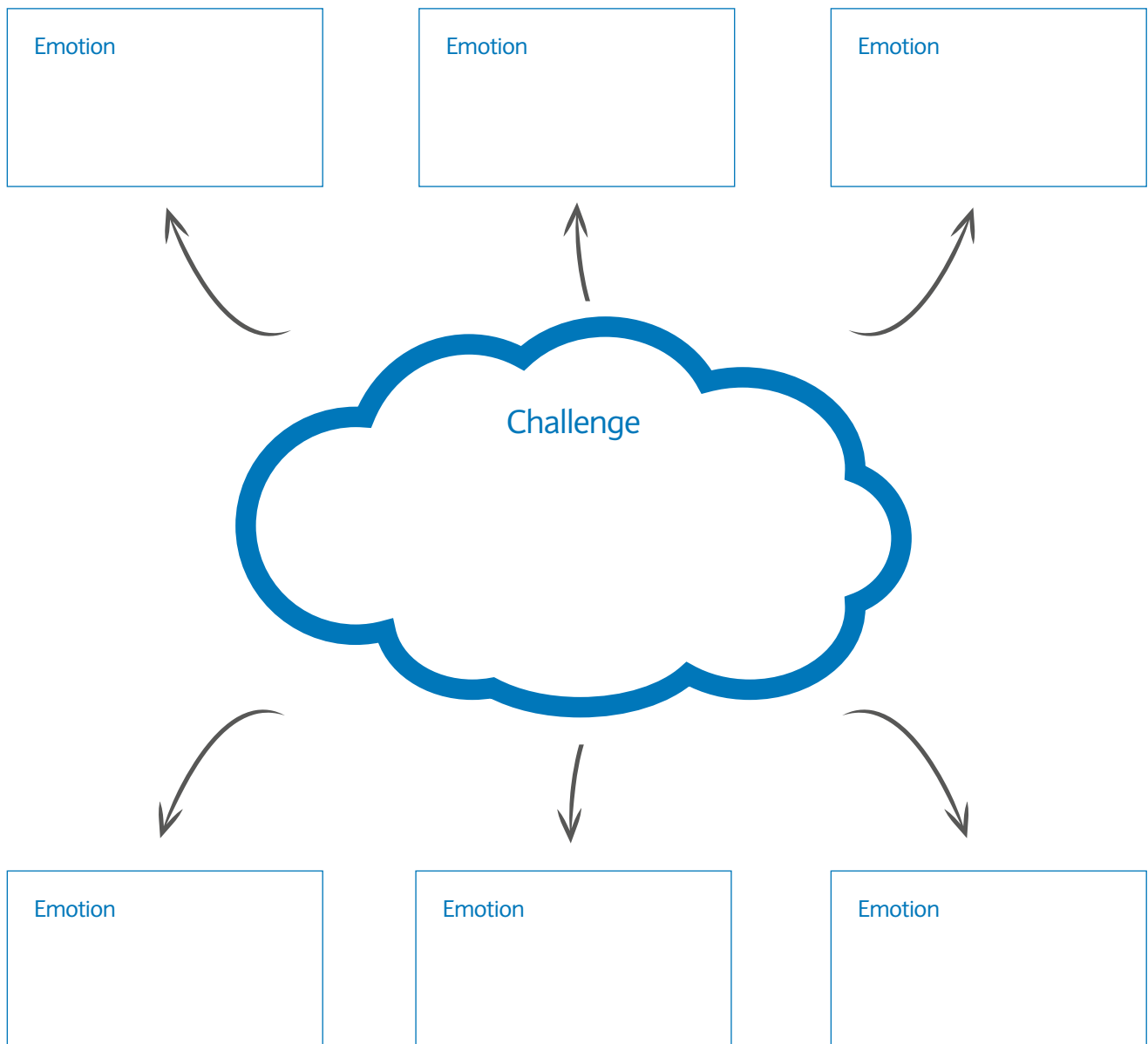


Introduction

This activity is designed to explore the feelings you might experience when facing and overcoming a challenge. It also looks at what we can learn from successfully tackling challenges in the context of the workplace. You can type into the boxes below.

Worksheet one: Tackling challenges with confidence

Think about a time you faced a problem or a challenge. This could be starting at a new school, learning a new skill, or competing in a sporting event. Create a mind map of the emotions someone might feel when experiencing one of these problems or challenges e.g. nervous, scared, overwhelmed, out of their comfort zone.

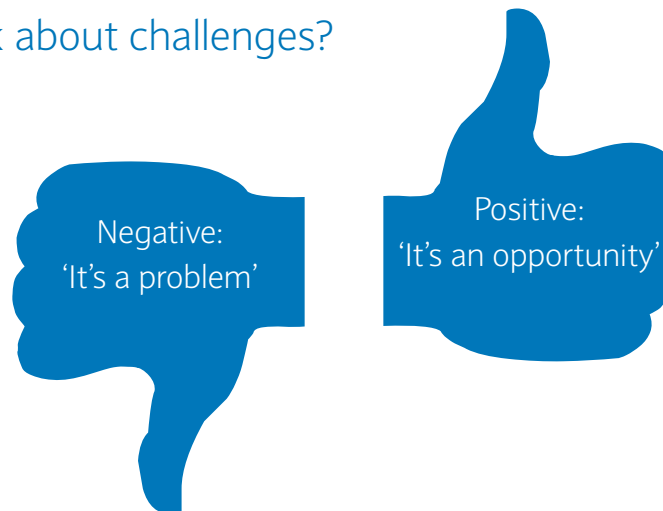


Imagine that you have successfully solved a problem or met a challenge; how might this feel? E.g. relieved, thankful, proud. Add these to the mind map too.

Worksheet one cont.

When we face a problem and succeed, we often feel rewarded, proud and more confident in what we can achieve, as well as feel fewer negative emotions when we are next tested. Overcoming challenges allows us to grow and develop.

How do you think about challenges?



When you see challenges as opportunities, you find reasons to overcome your fears.

Read the quotes from three famous people and the information about the challenges they faced.

Malala Yousafzai

"I don't mind if I have to sit on the floor at school. All I want is education. And I am afraid of no one."

Malala Yousafzai was born in 1997 in Pakistan. She has been campaigning for the right for girls to be educated and started writing a blog for the BBC in 2009. On 9 October 2012, Malala was shot in the head by a Taliban gunman: miraculously she survived and, after receiving initial treatment in Pakistan, Malala was airlifted to the Queen Elizabeth Hospital in Birmingham, where she underwent a series of operations. She regularly speaks out on education issues and was awarded the Nobel Peace Prize in 2014.

Jonnie Peacock

"I've gone past my expectation every single year... I've done things that other people couldn't dream of."

Jonnie Peacock won Gold in the men's T44 100m at the 2012 and 2016 Paralympics. In 1999, aged just six, he had to have part of one leg amputated after a bout of meningitis in which he nearly died.

J.K. Rowling

"Had I really succeeded at anything else, I might never have found the determination to succeed in the one area where I truly belonged. I was set free, because my greatest fear had been realised, and I was still alive, and I still had a daughter whom I adored, and I had an old typewriter, and a big idea."

J.K. Rowling is well-known for writing the bestselling Harry Potter stories, but she began writing the books in challenging circumstances. Whilst a single mother and studying full-time for a teaching degree, J.K. Rowling had an idea for a children's story about a boy wizard. She wrote in the evenings, often sitting in local cafes having walked her baby daughter to sleep in her pushchair.

Worksheet one cont.

What can we learn from their experiences and how they felt?

impossible

Worksheet two: Dealing with a workplace challenge

Read the examples of workplace challenges below and select one to tackle. Consider how the person might feel about the challenge and how they should respond.

Jenny has worked hard on a presentation for her boss and she thought it was a great piece of work, but she's just handed it back and asked her to make a lot of changes.

How should she respond?

Sadiya has been asked to call a long list of customers to let them know about a new product. Some of them are VIPs and she's not feeling confident.

What could she do?

Humza has an important report to be sent off by 9am on Monday. It's now Friday and there's still a few hours' work to do before the report will be ready to send.

What could he do?

What might their fears be when thinking about the challenge or problem?

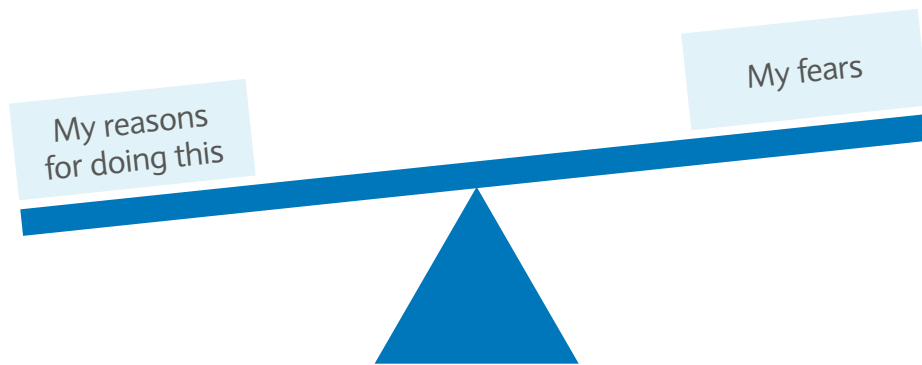
How could they turn the challenge into an opportunity?

What skills might they need to successfully tackle the challenge?

Top tips for overcoming fears and tackling challenges

- ✓ Treat each challenge as an opportunity
- ✓ Find reasons to try something new
- ✓ Reach out of your 'comfort zone'
- ✓ Have a goal and make a plan to reach it
- ✓ Imagine what success looks like
- ✓ Believe in yourself – your abilities and your potential
- ✓ Realise why your fears might not matter
- ✓ Ask yourself 'What's the worst that can happen?'
- ✓ Learn from mistakes – then try again

Worksheet two cont.



Think back to the challenge you identified at the start of worksheet one. How could the tips above be applied to this challenge? What other ways could you turn this challenge into an opportunity?

Remember that you can always ask for help when faced by a challenge or opportunity, this may be from a parent/ carer, teacher or friend. Even just discussing something with another person can help you understand the situation better, gain another person's perspective or even helpful tips from when they faced something similar.



To practise what you've learnt, try the Workplace Challenge online quiz:

barclayslifeskills.com/workplacechallenge

Why overcome challenges?

To grow, we must take on and overcome new challenges. It's normal to feel fear – this shows you've taken on something worth doing. But these fears aren't always as big as we make them out to be. Taking on a challenge and overcoming fears helps build confidence to take on even bigger challenges in the future and feel more positive while facing them.