

# Lab for failing beautifully.

Experimental field for handling unpredictable situations, failure and stress with more ease.



featuring.  
Consulting

## Participant statements.

*„The confidence to fail is rising.“*

*„Getting better results by using the principles.“*

*„Don't think too much.“*

*„Laughing about failures.  
Laughing a lot, actually.“*

*„See the positive in failing. Letting loose of perfectionism.“*

## The challenge.

As we deal with high complexity and place high demands on ourselves we tend to strive for predictability and control. But faults and the unexpected are an integral part of our everyday lives.

The paradox: By trying to prevent those we increase the likeliness of failing or reduce the probability of succeeding.

## Encountering a new approach. Fail beautifully.

*The lab for failing beautifully* offers a new way of dealing with unpredictability and failure. We define *failing beautifully* as accepting that things do not always go according to plan and ability to deal with these situations with more ease.

## The method.

If we are able to work with what unfolds at any given moment and to create something out of anything, that's improvisation.

Improvisation offers one distinct advantage: Even in the toughest of situations we remain capable to act. Therefore, it is one of the most important factors to increase our resilience.

*The lab for failing beautifully* offers a reliable setting to experiment with Applied Improvisation and thus increases the likelihood of usage in our everyday life.

„Fall, then figure out what to do on the way down.“ (Del Close)

## The basic principles of improvisation.

- **Attention in the here and now** –  
Do not plan ahead, accept what is.
- **„Say yes, take the offer“** –  
Considering the crisis as an opportunity.
- **Even on stage we are allowed to fail superbly** –  
A new way of dealing with failure can only be learnt by actually failing.
- **Making the partner look great** –  
Managing conflicts and crisis by accepting self-responsibility.

## The benefits of our lab for failing beautifully.

- New ways to handle failure, contradiction and paradox situations
- Increased ability to decide and act when dealing with difficult situations and stress
- Immediate access to spontaneity, creativity and innovation
- Improved and agile cooperation, mindfulness and communication within the team
- Inspiration, ease and joy

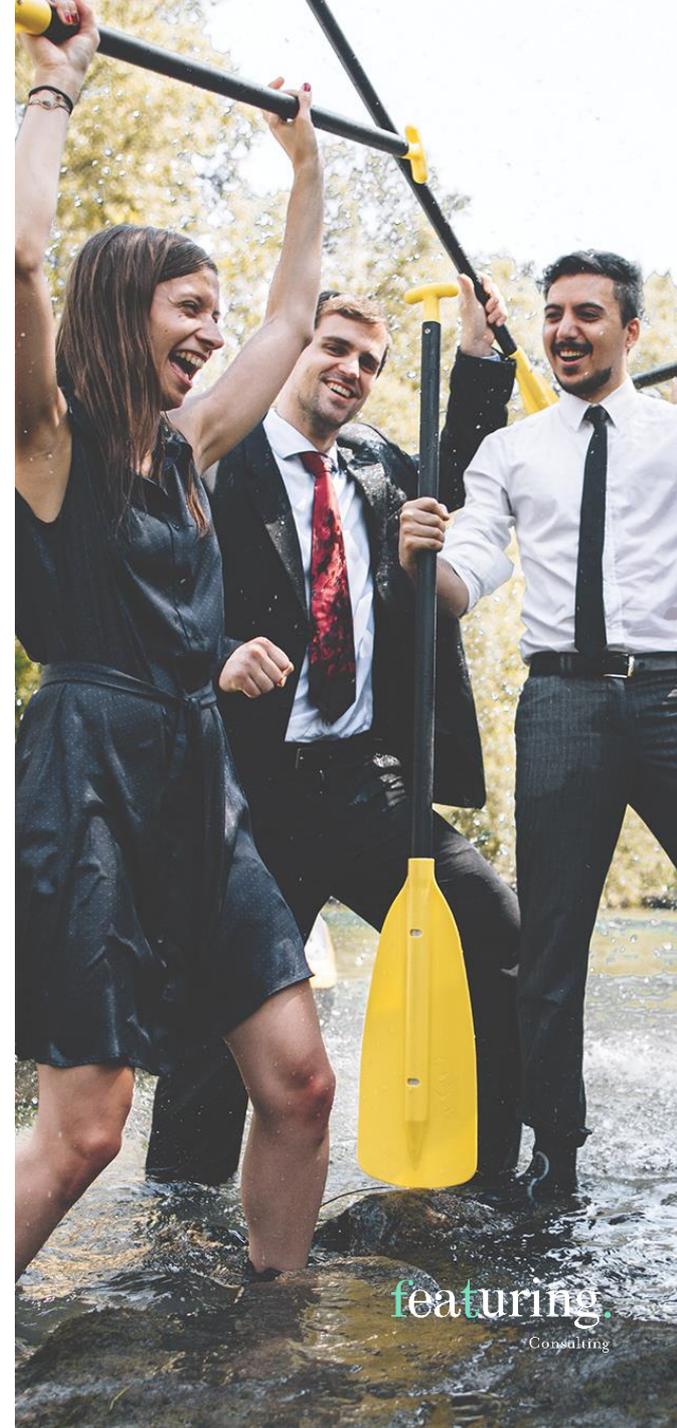
# Lab for failing beautifully.

## Aim.

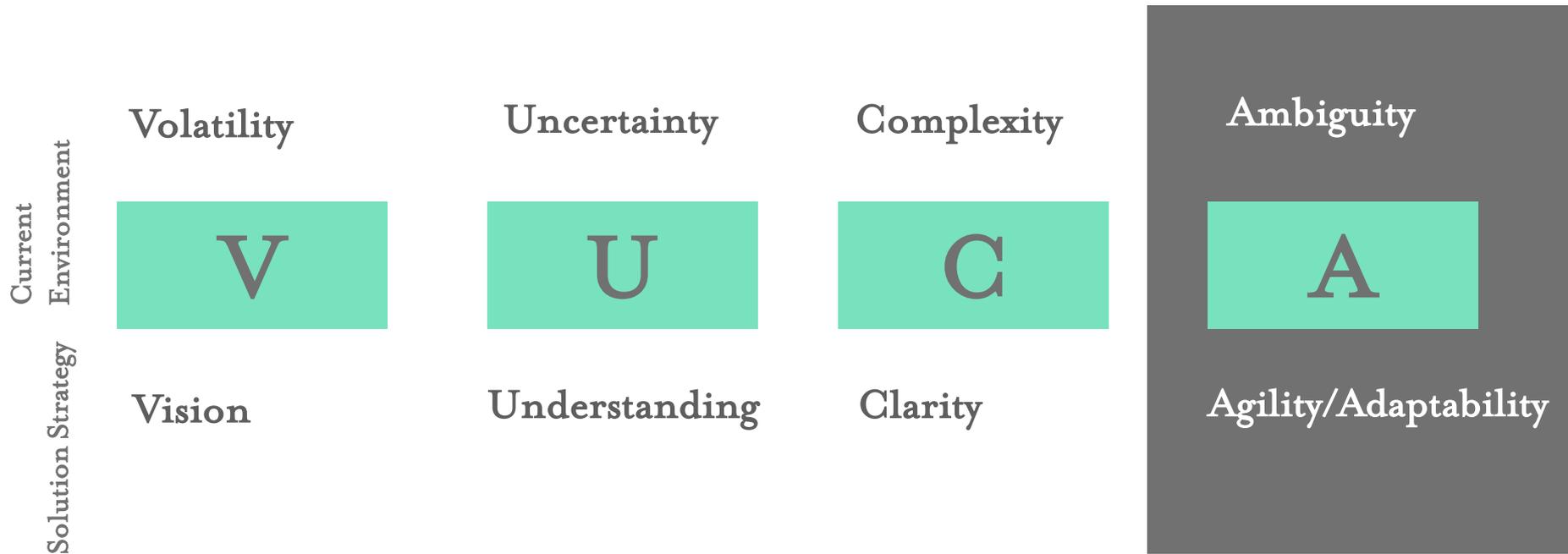
To experiment with new methods for handling the challenges of the VUCA-world with more ease.

## Content and approach.

- Methods of Applied Improvisation, Positive Psychology and Mindfulness
- Experience-based learning cycle
- Reflexion and feedback as self-guidance principles
- Practise in overall and small groups, working with volunteers, activation and involvement
- Impro-energizers throughout the training
- Joy and ease enable engagement, experience and learning instead of top-heaviness and perfectionism



# Our way of handling failure is even more significant in the VUCA-world.



Agility and an agile mindset are of eminent significance as we deal with the predominantly challenges of the VUCA-world. The lab for failing beautifully does directly focus on that: Integration of contradictions and dealing with unpredictability, failure and mistakes.

**Encountering a new approach. Fail beautifully.**



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