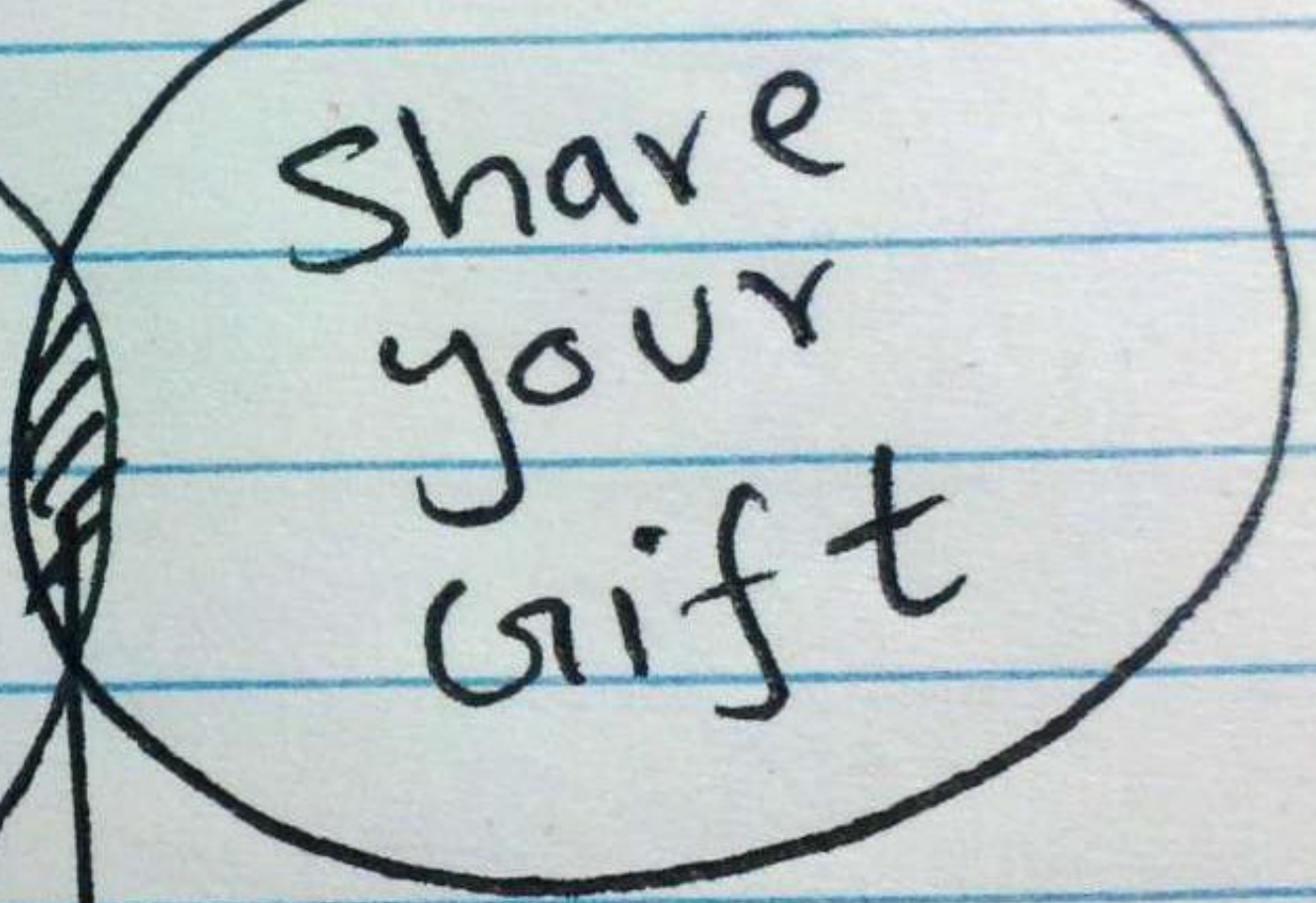
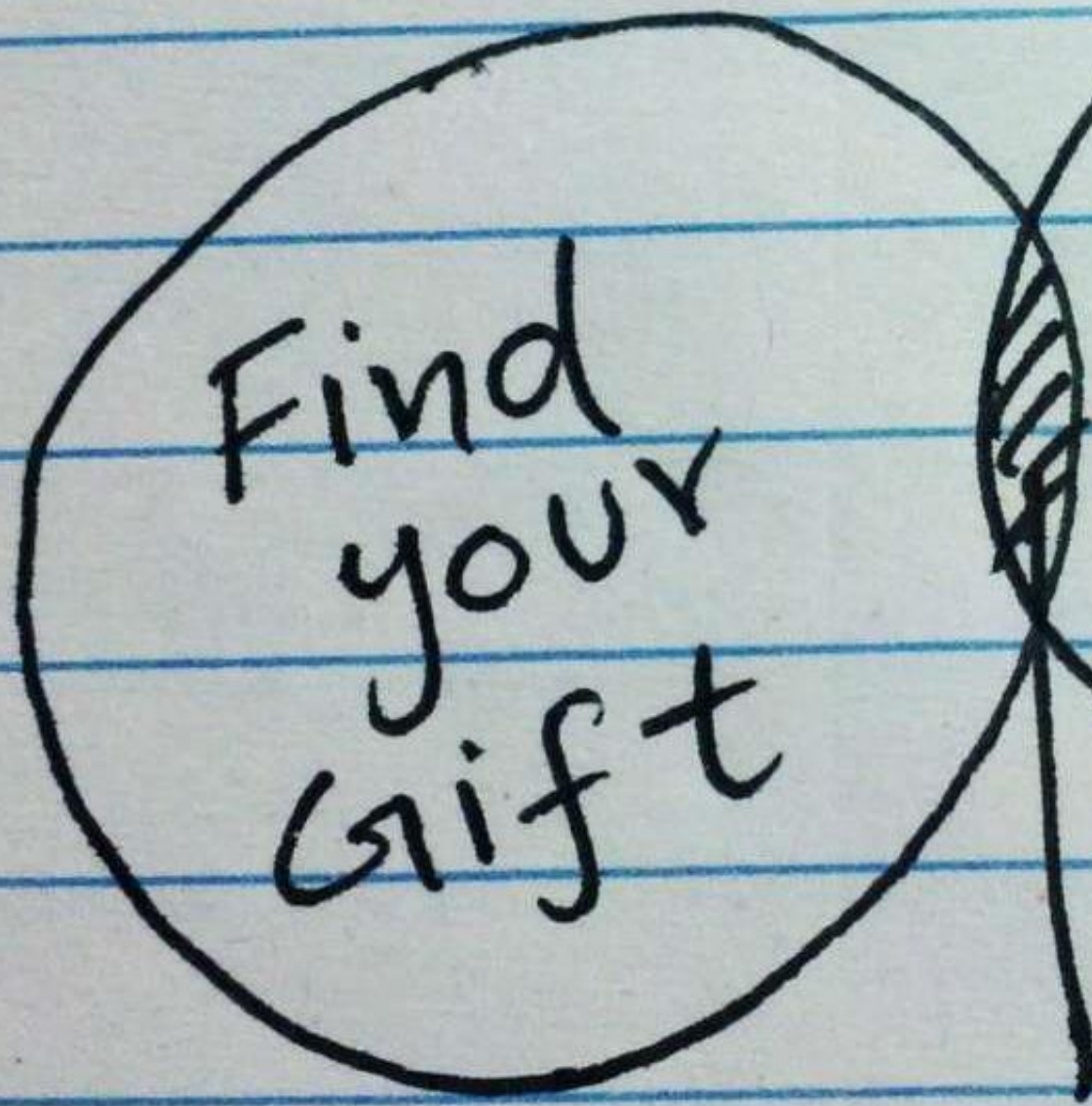


COACHING





The purpose
of LIFE



The Success Formula



**Skills &
Talents**



**Application
Under Pressure**



**Mental
Flexibility**



Luck

FAILURE LEADS TO SUCCESS, BUT HOW MANY FAILURES?

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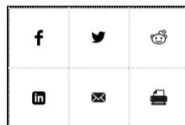
THE SCIENCES MIND HEALTH TECH SUSTAINABILITY EDUCATION VIDEO PODCASTS BLOGS PUBLICATIONS

BEHAVIOR & SOCIETY

Failure Found to Be an “Essential Prerequisite” for Success

Scientists use big data to understand what separates winners from losers

By David Noonan on October 30, 2019



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Is it Better to Intern at Google or Launc

Article

Quantifying the dynamics of failure across science, startups and security

<https://doi.org/10.1038/s41586-019-1725-y>

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Yian Yin^{1,2,3}, Yang Wang^{1,2,4}, James A. Evans^{5,6} & Dashun Wang^{1,2,3,4*}

Human achievements are often preceded by repeated attempts that fail, but little is known about the mechanisms that govern the dynamics of failure. Here, building on previous research relating to innovation^{1–7}, human dynamics^{8–11} and learning^{12–17}, we develop a simple one-parameter model that mimics how successful future attempts build on past efforts. Solving this model analytically suggests that a phase transition separates the dynamics of failure into regions of progression or stagnation and predicts that, near the critical threshold, agents who share similar characteristics and learning strategies may experience fundamentally different outcomes following failures. Above the critical point, agents exploit incremental refinements to systematically advance towards success, whereas below it, they explore disjoint opportunities without a pattern of improvement. The model makes several empirically testable predictions, demonstrating that those who eventually succeed and those who do not may initially appear similar, but can be characterized by fundamentally distinct failure dynamics in terms of the efficiency and quality associated with each subsequent attempt. We collected large-scale data from three disparate domains and traced repeated attempts by investigators to obtain National Institutes of Health (NIH) grants to fund their research, innovators to successfully exit their startup ventures, and terrorist organizations to claim casualties in violent attacks. We find broadly consistent empirical support across all three domains, which systematically verifies each prediction of our model. Together, our findings unveil detectable yet previously unknown early signals that enable us to identify failure dynamics that will lead to ultimate success or failure. Given the ubiquitous nature of failure and the paucity of quantitative approaches to understand it, these results represent an initial step towards the deeper understanding of the complex dynamics underlying failure.



HOW STRESS IMPACTS SELF-BELIEF



A man in a dark blue suit and white shirt is walking on a thin, brown rope that stretches across the frame. He is blindfolded with a white cloth and has his arms outstretched to the sides for balance. The background is a bright blue sky with scattered white clouds. On the right side of the image, there is a large, dark blue circle containing the text "UNCERTAINTY IS THE NORM" in white, bold, sans-serif capital letters.

**UNCERTAINTY
IS THE NORM**



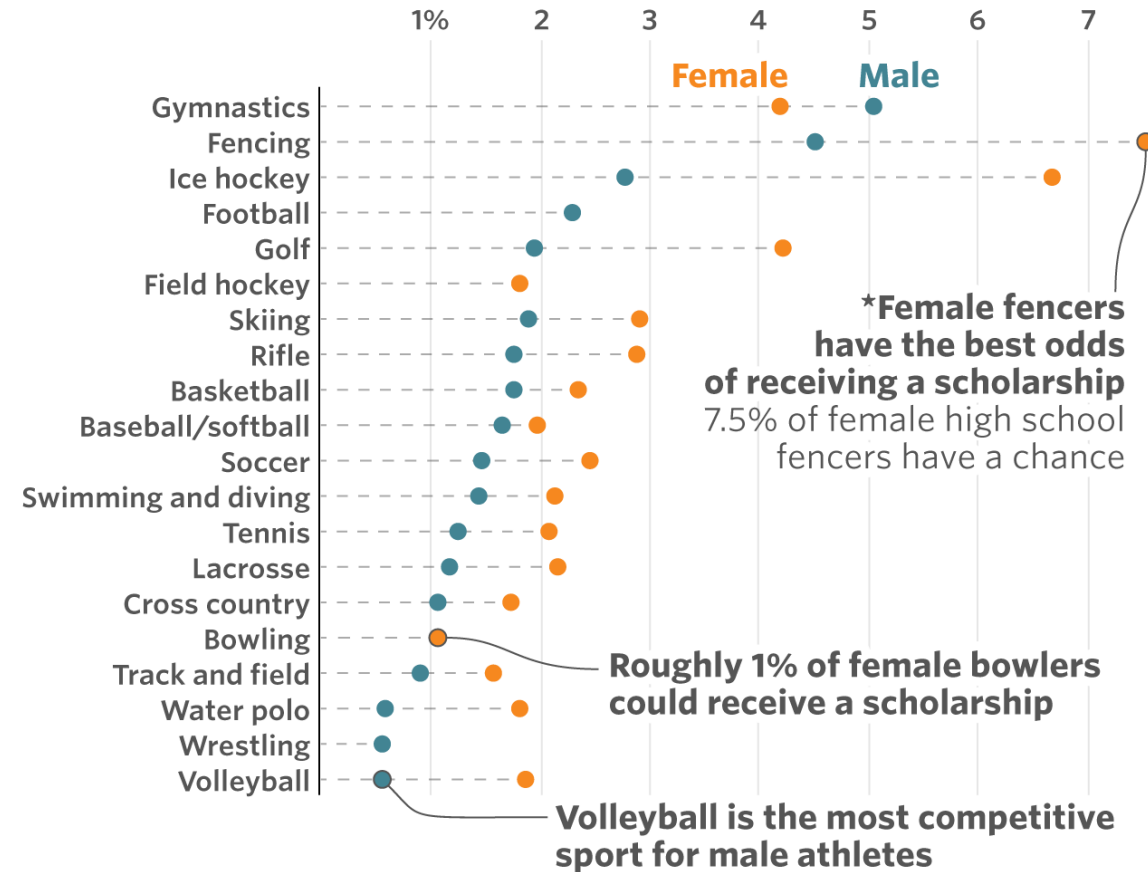
A close-up photograph of three men against a dark background. The man on the left has a wide-eyed, slightly open-mouthed expression of surprise or awe, with his hand resting on his chin. The man in the center has a similar wide-eyed expression, looking directly at the camera with his hand on his chin. The man on the right has a more serious, contemplative expression, looking slightly to the side with his hand on his chin. All three men have their chins resting on their hands, suggesting a state of deep thought or uncertainty.

WHAT DO THEY THINK?



Chances of a high school athlete getting a college athletic scholarship

Percentage of high school athletes to scholarships available (2013-14)



Source: ScholarshipStats.com

*Three outliers were removed from this graphic - Female rowing (49%), equestrian (30%), and rugby (11%) because of a combination of low sample size and no male comparison.

Note: There are caveats to this data. Please read the methodology section below.



A photograph of a young man with brown hair and a grey t-shirt, and an older man with grey hair and a black t-shirt, both looking intently at a basketball. The young man is in the foreground, resting his chin on his hand, while the older man is behind him. A basketball is visible in the lower right foreground.

PLAYER-PARENT RELATIONSHIPS AROUND SPORTS



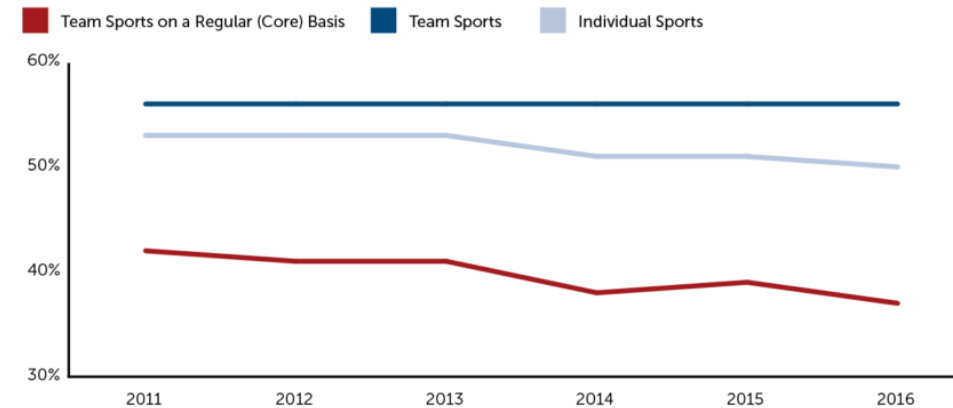
THE STATE OF PLAY IN THE U.S.

SCOREBOARD

All data below provided by the Sports & Fitness Industry Association and Sports Marketing Surveys at the request of The Aspen Institute

TOTAL SPORT PARTICIPATION RATES

Percentage of children ages 6-12 who played in 2016



	2011	2012	2013	2014	2015	2016
TEAM SPORTS	55.5%	55.8%	55.5%	56.2%	56.1%	56.3%
TEAM SPORTS ON REGULAR ("CORE") BASIS	41.5%	41.4%	41.0%	38.2%	38.6%	36.9%
INDIVIDUAL SPORTS	53.2%	52.9%	52.7%	50.8%	50.8%	49.8%
TEAM OR INDIVIDUAL SPORTS	73.0%	72.9%	72.8%	71.5%	71.7%	71.5%





THE INTERNAL STRUGGLE



THEPLAYERS'
TRIBUNE

EVERYONE IS GOING THROUGH SOMETHING

BY KEVIN LOVE





Sports
WASHINGTON

“

**MY DAD
ALWAYS TOLD ME
“DON’T LET ANYBODY
SEE YOU WEAK.”
NOBODY SEES
THAT I’M WEAK,
BUT DEEP
DOWN INSIDE
I AM GOING
THROUGH A LOT.
HELL IS
TURNING OVER.**

KELLY OUBRE JR

ON ATHLETES BEING SEEN AS SUPER HEROES
AND NOT AS NORMAL PEOPLE



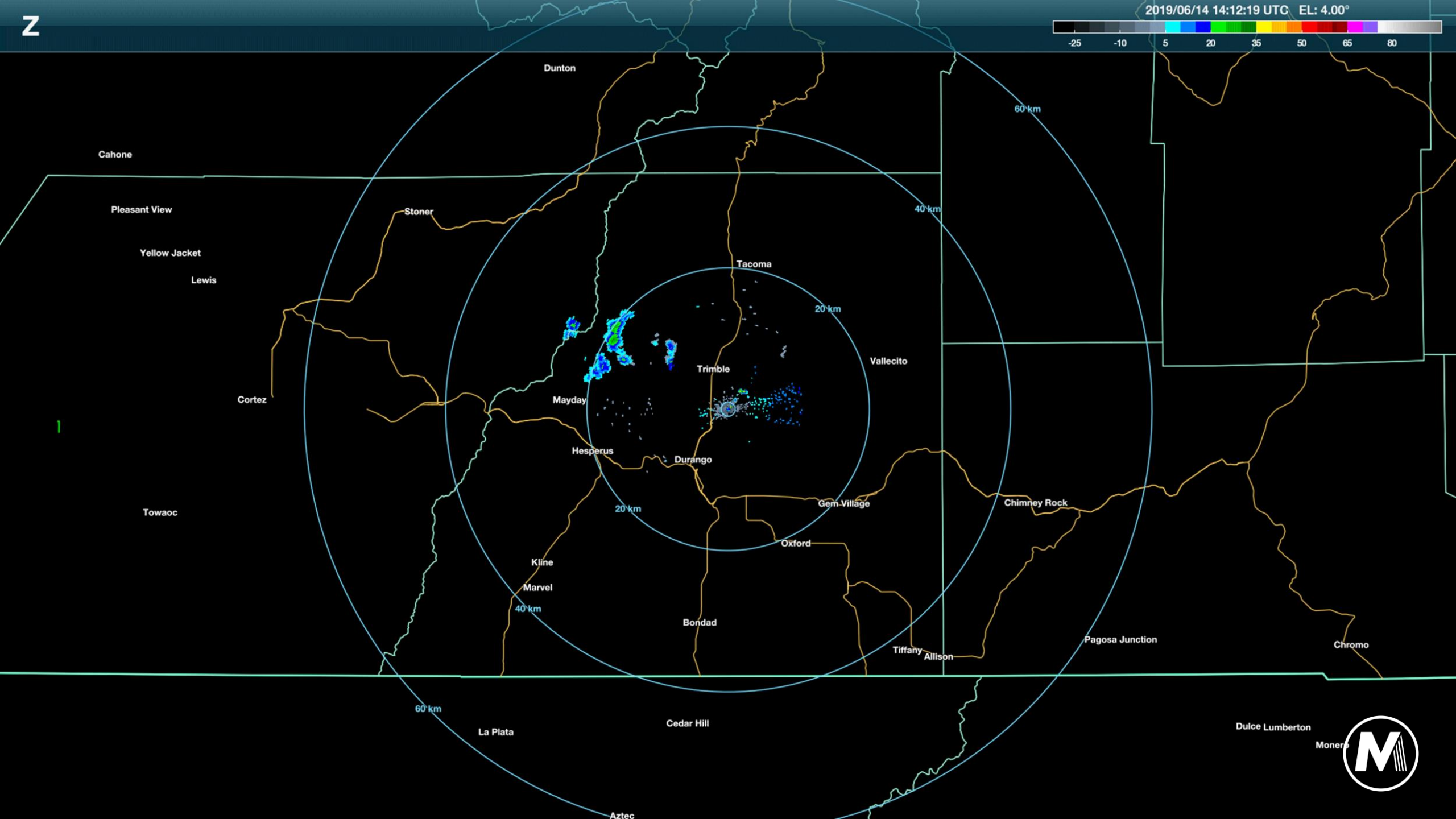
A circular frame containing a sunset scene. A path leads from the bottom towards a body of water, which reflects the orange and yellow sky. Silhouettes of trees are visible on the left side of the path. The word "DOUBT" is overlaid in white capital letters across the center of the circle.

DOUBT



Z

2019/06/14 14:12:19 UTC EL: 4.00°





AM I GOOD ENOUGH?



The challenges, the obstacles, the doubt. The difficulties that come with being a female athlete.

The Note



SOCIAL MEDIA VALIDATION



♥ 10000



BREAK FREE
FROM
SUCKVILLE



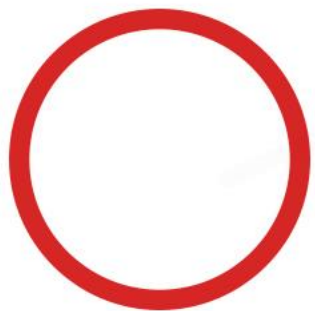
SUCKVILLE

DEFINITION OF THE EXPERIENCE –

THE POINT WHEN THE GAME, THE PURSUIT, AND THE CHALLENGE HAVE WORN YOU DOWN, ROBBED YOUR JOB, AND MADE YOU QUESTION WHY YOU DO THIS

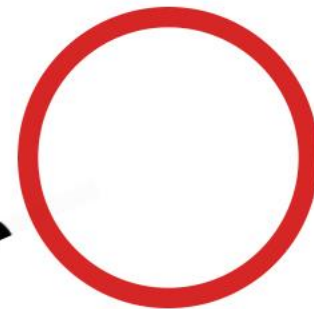


REALITY

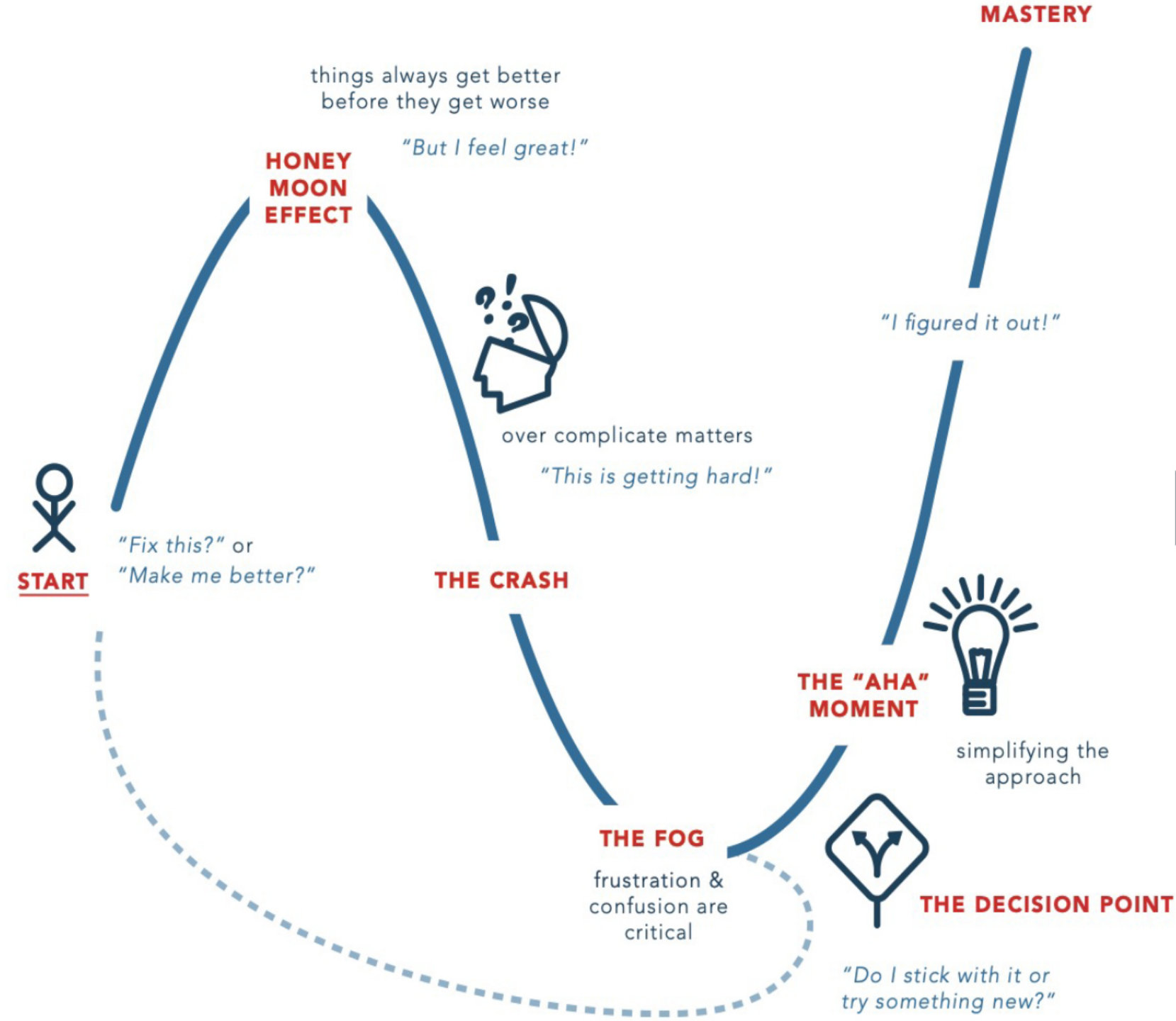


SUCKVILLE

EXPECTATIONS

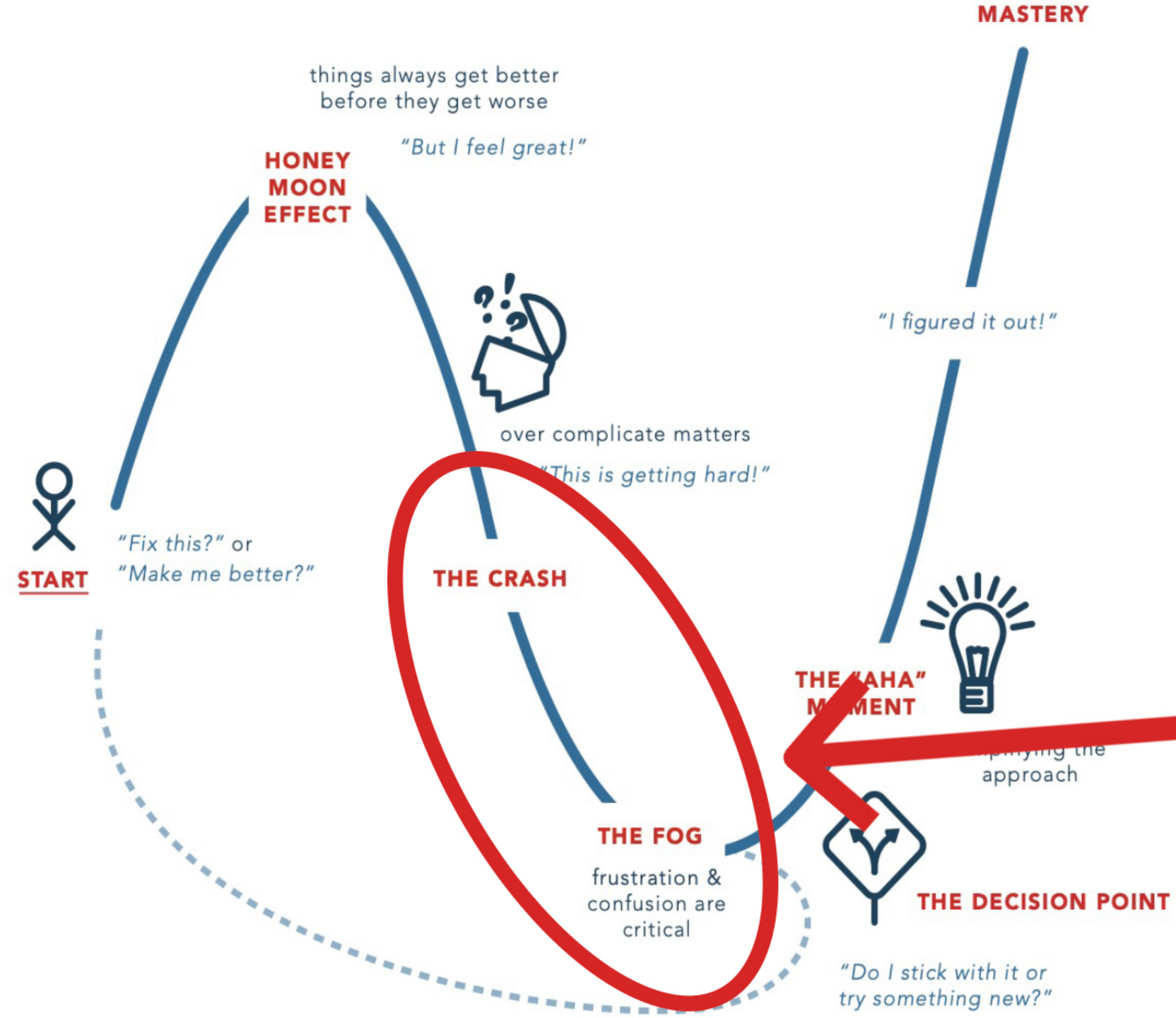


THE LEARNING CURVE



THE LEARNING CURVE

SUCKVILLE



REMEMBER THIS:

**Every Time You Stand In Front Of Your Team,
They Are Asking Themselves...**

"Why Should I Listen To You?"

"What Do You Have To Offer That's Different
Than The Other Options In My Life?"



How To Lead Gen Y (Millennials)

1 Engage In Their Personal Development

Traditional rules about career development don't apply

Multitask them

2 More Facetime, Engagement & Leadership

Breakdown halls of authority

Outside of athletics events

Figure out what motivates them & their causes

They expect to be listened to

3 High Demands, High Feedback

Ask for permission to challenge them

They must know & be reminded

Must have a lot of positive feedback

4 Practice What You Preach

They are watching you & their BS meter is really high

Foster collaboration

Model the behavior you wish to see in them



How To Lead Gen Z

1

Timely coaching - correct on the spot

2

Keep meetings & critiques brief

3

**Teach them how to receive feedback.
Failure is an option!**

4

Try to learn some of their lingo!

5

**Using different teaching tools (videos,
etc.)**

6

Provide:

- **Autonomy (I can do it on my own)**
- **Mastery (I'm getting good at this)**
- **Purpose (I believe this really matters)**



RECOMMENDED COMMUNICATION

“Coaches have to build relationship bridges that can bear the weight of truth”



You have to gain their trust

Educate them in the WHY

Make parents a part of the program

**Know the transaction,
Convert to the transformation**



RECOMMENDED FOR PERSONAL & PLAYER DEVELOPMENT



Coaching Binder & Philosophy

**Developmental Plans
for Each Player**



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