

## Professional Development Activity: Finish Strong

**PD Objective:** Proactively equip educators to keep going to reach their goals and help their students to do the same.

We all face setbacks; this brief, collaborative activity builds resiliency by helping people reflect, write and discuss how they want to live out persisting under pressure and help others persist too.

Watch the video together, then allow 15 minutes for staff to write down their personal reflections in response to the questions below. Then discuss your answers together as a group.

1. First, watch this video: [edugui.de/grit](https://edugui.de/grit)
2. What do you think people admire so deeply about Derek Redmond in this moment?
3. In your own life, how would you like to be more like Derek when you face a setback?
4. Students often face setbacks, even when they try their hardest. How could we come alongside them?
5. As staff, we often face setbacks too. How could we come alongside and encourage each other to persist?

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