

# EMBRACE THE SUCK

## THOUGHTS ON PERSEVERANCE

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# WHAT'S THE PLAN?

- ▶ Introduction
- ▶ Grit, Perseverance, and the Growth Mindset
- ▶ Tips, Tricks, and Anecdotes

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This talk is geared for both those who are juniors and those who mentor them.

^ Useful for anyone who has to tackle something new

# ELLEN WILLIAMS

IOS DEVELOPER AT THOMSON REUTERS

- ▶ Cat Enthusiast
- ▶ Hockey Player
- ▶ Former High School Teacher

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Learned how to teach Grit and Perseverance to my students  
^ Apprenticeship - learned value of grit and perseverance to myself and others

# PERSEVERANCE

STEADFASTNESS IN DOING SOMETHING  
DESPITE DIFFICULTY IN ACHIEVING SUCCESS

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Persistance in completing a  
task or mastering a skill

# GRIT

**COURAGE AND RESOLVE  
STRENGTH OF CHARACTER**

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Combines passion and perseverance. Persist in something you feel passionate about and persevere when you face challenges.

# GROWTH MINDSET

WHETHER YOU THINK YOU CAN OR THINK  
YOU CAN'T YOU'RE RIGHT.

- HENRY FORD

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Intelligence and talent can be  
developed

^ We will live up to our  
expectations

^ Also true for perseverance  
and grit

# BECOMING A DEVELOPER



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Learning curve starts with no knowledge lots of resources, gain knowledge resources change.

^ Sisyphean for the rest of your career. Always learning.

# EMBRACE THE SUCK



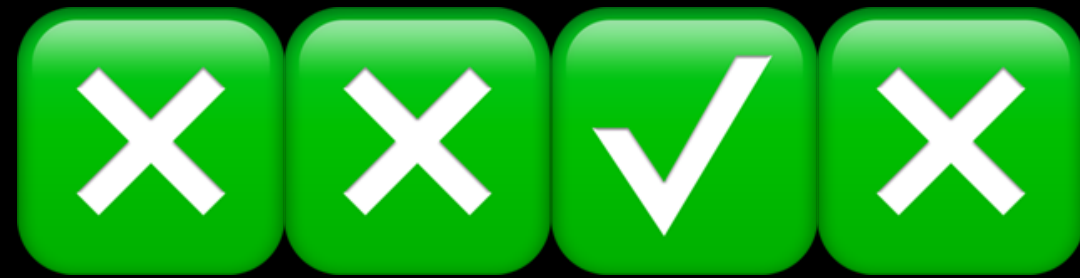
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Military concept

^ The work isn't going away



# CHOOSE THE SUCK



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Assuming we're in careers we love  
^ Looking at positive outcomes to  
make goals doesn't give you  
enough to go on  
^ Instead consider the bullshit  
you're willing to put up with

# GOALS

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Specific Measurable  
Achievable Relevant Time-  
based  
^ Share them, keep yourself  
accountable

# BUILD A COMMUNITY



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Slack, meetups, coworkers, peers  
^ Find a mentor, maybe more  
than one. Focus on what you  
need.

^ Two way street. Create what  
you wish you had. Give back.

# PERSPECTIVE AND REFLECTION



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Don't measure yourself  
against others

^ Set aside time to reflect

^ Goals help you see how far  
you've come



# ZEN HORSE



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Everything is fine, you can  
handle what comes at you  
^ Sometimes you fall off, may  
take time to get back on

# TAKE CARE



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Take care of yourself. Watch for burn out, anxiety.

^ Particular stresses of being in a career where you constantly fail or feel stupid.

^ Specific pressures to overwork in isolation

^ Do this so you can also care for others