



# Unleashing the Power of Regret

## *Learning Through Life's Lessons!*



Duane Janiskevich works with organizations who want to strengthen their leadership by learning from opportunities within their failure which leads to increased resiliency, creativity & collaboration.

### What clients are saying ...

@djaniskevich excellent presentation on "Unleashing the Power of Regret". Easily the best of the conference!

**Jeff@JammersT**, 2012 PMI South Saskatchewan Professional Development Conference (Tweeted)

"We usually want to forget the things we regret, you gave me a reason to reflect and improve."

**D Swan** – Canadian West Coast Chapter PMI

"What a fantastic way to make people think of the many choices and consequences we are faced with every day. Duane's way of explaining regret is a must see and hear for all ages!"

**R Lemoine** – directeur - Ecole Monseigneur de Laval

"Good job! Funny! It's obvious that your regret has led to greatness!"

**S MacDonald** – Institute Day - Prairie Valley School Division

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### So what is the Power of Regret?

Whether we want to admit it or not, we all have regrets, the question is how can we learn from our regrets? Duane's largest regret was a simple unsafe decision that resulted in the amputation of 3 fingers and his thumb. The consequences still exist, but he's grown and learned many powerful lessons from that event. Improvement comes when we use regret as a time of reflection for future success rather than an excuse for defeated living.

A common philosophy people buy into is to live life without regrets; unfortunately that mindset has people running away from regrets before they've taken the time to understand them. Your regret is bothering you for a reason, once you determine why you can respond to it properly. A typical reason for regret is "Because I know better", well now you can prove it and learn from the experience. Don't dwell on regret and use it to beat yourself up, but let it inspire change. This session will help people learn from their past, live in the present while empowering their future.

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Duane is a humorous and passionate story teller who draws insight from his life experiences as a civil technologist, high school teacher, computer programmer, management consultant and a safety & leadership speaker. He's taken a lot of chances, had a lot of careers and made some gigantic mistakes. Duane holds a Bachelor of Education with certifications as a Certified Management Consultant, PROSCI Change Manager, PRINCE2 Practitioner, Project Management Professional and Civil Technologist. Duane is a motorcycle and camping enthusiast, who currently resides with his family in Regina, SK.

follow Duane: @djaniskevich