

Building Resilient Leaders in the Foster MBA Program
Welcome Weekend, April 2020

WHAT CAN JOHN DO?	WHAT CAN FOSTER DO?	WHAT CAN TEAMMATES DO?
<ul style="list-style-type: none"> • Make a list of things that he does well! • Get adequate rest and eat well • Keep applying for jobs • Self-reflection • Identify gaps and make a strategy to address • Interrupt pattern; refocus on something outside work • Show self-compassion to himself • Try to make a routine, even if it is 1-2 things to do daily • Revisit what happened in the interviews and see where there might be a gap • Use Foster resources to upskill 	<ul style="list-style-type: none"> • Mindfulness training/meditation resources • Revisit purpose; if you know your goal, what's another route to it • Mock interviews • Mentorship • Alumni network connections • Help align career search • Connect him with other students in similar situation or similar experience • Reach out • Maintain or develop a repository of success strategies and/or stories of late in the recruiting game successes • Provide references for counseling, or at least make sure he is aware of possibility 	<ul style="list-style-type: none"> • Check in • Get John out of the house <ul style="list-style-type: none"> ◦ Get lunch ◦ Go see music ◦ Give him a call • Mentorship • Help him connect to companies and network with people • Mock interviews & Resume Reviews • Reach out • Help John with any skills for his interviews • Share notes with him on the classes that he missed, do a study group session so he is caught up • Lend an ear