

ABCN Connects

An Initiative
of ABCN

Career stories and advice from ABCN mentors

ABCN Connects aims to collect and share authentic personal and professional stories from mentors within the ABCN network including CEOs, recent graduates and ABCN alumni.

The stories cover themes such as resilience, adaptability and dealing with uncertainty or change. The activities on this worksheet are to help you reflect on the stories and themes in the videos.

The videos are organised into the following themes:

- > Resilience
- > Failure
- > Careers
- > Growth, opportunities & goals
- > Lifelong learning

We suggest you choose one category to start with.



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Viewing checklist*

Before you watch, review the themes below. If you are unsure of the meaning of any of the themes, you could ask a teacher, friend or family member, or look them up in a dictionary.

As you watch each video, tick the themes below that apply.

Are there any others you would add? There is space below to add your own themes.



Theme	Yes / No	Theme	Yes / No	Theme	Yes / No
Advice		Growth		Stress	
Being present		Happiness		Struggle	
Career change		Hard work		Success	
Challenge		Humility		University	
Comfort zone		Humour			
Conflict		Learning			
Contribution		Life			
Effort		Loss			
Entrepreneurship		Opinions of others			
Failure		Opportunity			
Family		Popularity			
Goals		Rejection			
Grit		Resilience			
Growth		Stress			

* This page can be copied for each category if necessary.

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Application of learning

Now it's time to apply what you've heard to your own skills and experiences. Write down your key takeaways from the videos below. Consider the following questions:

- > What are the things that resonate with you?
- > What skills or attributes do you have?
- > What are some areas that you would like to work on for greater resilience?

Key takeaway 1

Key takeaway 2

Key takeaway 3

What skills or attributes do you have?

Areas for improvement

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Moving it forward

Now imagine you had more time with a mentor. What else would you like to know? What would you ask them? Write your questions in the space below, as well as your commitment to implement some of the advice discussed in the videos.

Question 1

Question 2

Question 3

Personal commitment