

# ABCN Connects

An Initiative of ABCN

Career stories and advice from ABCN mentors

## About

**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 change. The activities on this worksheet are to help you reflect on the stories and themes in the videos shared by mentors from PVH - one of the world's largest and most admired fashion apparel companies, with brands such as Calvin Klein and Tommy Hilfiger.

- > Taryn Saunders - Diversity and Inclusion Advisor, PVH ANZ
- > Dhillanki Jayawardena - Senior Management Accountant, PVH ANZ
- > John Naccarella - General Manager, Calvin Klein Australia and New Zealand
- > Lewis Unterrheiner - Head of Sales and Buying, Heritage Brands



## Themes

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

As you watch each video, include the name of the mentor who refers to this theme and include a brief description of what the mentor speaks about. You can put more than one mentor under each theme.

Theme	Mentor Name	Description
Learning		
Opportunity		
Growth		
Challenge		
Change		
Advice		

## Application of learning

Now it's time to apply what you have heard to your own skills and experiences. Write down 3 key takeaways from the videos. Consider the opportunities and skills the mentors speak about and how it relates to your own experiences.

- 1
- 2
- 3