

# You make things possible

## Find Your Interview Mindset

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Welcome to your Goldman Sachs interview.

We understand the job search and interviewing can be stressful. To help, here are a few tips to enhance your state of mind. We also encourage you to check out meQuilibrium (details below) for useful articles and short meditation exercises. We're looking forward to spending time with you and getting to know you better!

### 1 *Breathe*

Take a few slow, deep breaths and focus on inhaling and exhaling

### 2 *Scan*

Starting at the top of your head, mentally scan down and notice any sensations, relaxing any tight muscles along the way

### 3 *Focus*

Stay present, and don't dwell on past mistakes or worry about what could possibly go wrong

### 4 *Visualize*

Picture yourself performing at your best and carry those positive feelings with you

### 5 *Invigorate*

Remind yourself of your strengths that have gotten you to this point to boost your self-confidence

Learn more at <https://www.mequilibrium.com/g sreclruiting/>

MeQuilibrium is an online, third-party tool that provides tools for Goldman Sachs employees and recruits to strengthen resilience.



# Goldman Sachs Wellness Offerings

We're proud to offer a wide range of resources to support the wellbeing of our people. Our offerings range from services that assist with day-to-day self-care, like mindfulness trainings and ergonomics assessments, to those that help during major life events. Below are just a few of the personal and professional inflection points you may encounter and how the Goldman Sachs wellness team will help support you.

## JOINING THE FIRM

Explore the onsite Fitness center, visit the onsite Medical Center and find out about the onsite Nutrition program. You can speak to a counselor through the Employee Assistance Program for tips and pointers to adjusting to a new environment.

## AT YOUR DESK

Speak to the onsite ergonomist and set up a comfortable and safe workstation. Leverage online tools like meQuilibrium for tips and strategies to stay resilient.

## MANAGING HEALTH

The onsite Medical Center provides a convenient access to preventive, routine and urgent medical care. You can order your medicines and get routine laboratory tests done at the center.

## CONTINUING EDUCATION

Speak to HCM to understand the firm's Tuition Reimbursement program that is designed to provide financial assistance facilitating further formal education.

## NAVIGATING A CHALLENGING HEALTH SITUATION

In the event of a serious health condition for you or a loved one, Critical Health Solutions acts as a confidential advocacy service to ensure that you have access to high-quality care. The onsite psychologists can provide confidential counselling services to help you manage stress.

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