

# You make things possible

## Find Your Interview Mindset

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

When you first join the firm, be sure to keep your health a top priority. Participate in the Fitness Subsidy Program and meet colleagues through the Teams & Clubs Program.

## LOOKING TO FIND BALANCE

Our onsite Resilience Services counselors offer support to all employees to help manage their mental and physical wellbeing. In addition, sign-up to the meQuilibrium program to identify tools and tips to strengthen your personal resilience.

## STARTING OR GROWING A FAMILY

It can be both exciting and overwhelming to start and grow a family. The Maternity and Parenting Portal provide guidance for working parents and a Maternity Mentor can help you to navigate the firm's resources. Additionally, our offices have designated on-site nursing rooms for returning mothers.

## NAVIGATING UNEXPECTED HEALTH NEWS

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.

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