

RESILIENCE

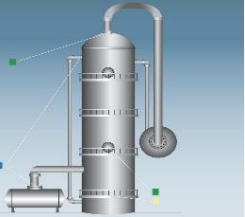
 NCREDIPPAUL

THE POWER TO PERSEVERE

Paul Faronbi

Hometown of St. Charles, MO

EDUCATION



Graduated from Iowa State University as Chemical Engineer (2016)

ABOUT ME



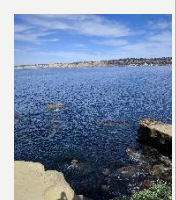
Born in Lagos, Nigeria
Three siblings
Parents married 26+ years

WORK



Internship with NUSA
2 Years with General Mills;
Manufacturing Engineer
1 year with Nestle Purina;
Manufacturing Excellence
Specialist

INTERESTS/HOBBIES



Baseball, working out, Sports, Traveling

MECHANICAL PACKAGING ENGINEER

- Training and coaching on ways to save money and create standards
- Digital core team support for technical team
- Technical support for factory floor
- Divisional projects
- Expansions and Capital projects
- Innovation & Renovation Projects



Nestlé PURINA®

RESILIENCE: THE POWER TO PERSEVERE


- What do you think of when you hear the word?
- Any examples of people with resilience?

RESILIENCE: THE POWER TO PERSEVERE

- Asked this question about what kept me going at Iowa State
 - Spoke to Freshman Engineering Seminar class
 - Shared my story
 - Someone asked what kept me going
 - That's how this was born

RESILIENCE: THE POWER TO PERSEVERE

resilience noun

 Save Word

re·sil·ience | \ ri-'zil-yən(t)s  \

Definition of *resilience*

- 1 : the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress
- 2 : an ability to recover from or adjust easily to misfortune or change

WHY IS RESILIENCE IMPORTANT



HOW DO YOU GET RESILIENCE



YOU GET RESILIENCE THROUGH



PATIENCE



PRACTICE



SELF
DISCIPLINE

WHY SELF DISCIPLINE

Successful do daily what unsuccessful people do only occasionally.

– John Maxwell (Developing the Leader within you 2.0)

Simple Steps

- Avoid temptation
- Pay now, Play later
- Get back on the Wagon

SELF DISCIPLINE



Knowing
yourself

Avoiding
temptation

Sacrifices

Little by
little

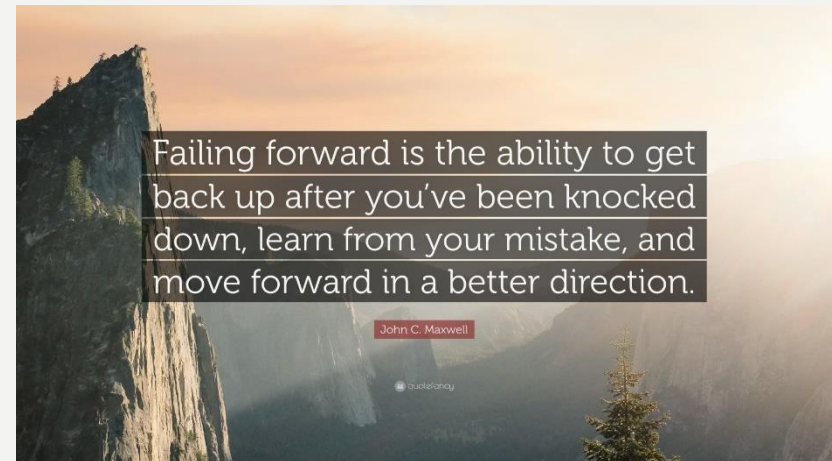
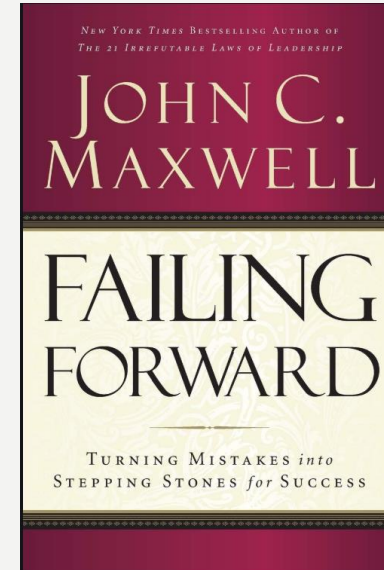
Delayed
gratification

10 STEPS TO DEVELOP RESILIENCE

- Simple
- Not easy
- Spells out Resilience

REJECTION IS INEVITABLE

- 2015 - Not offered internship after completing first co-op
- 2016 - Not offered fulltime position after completing final internship
- 2018 - Rejected from Nestle after final interview
- 2018 - Rejected from first position that I interviewed at for Nestle Purina



EVALUATE THE MISTAKE/FAILURE

- What happened
- Why did this happen



SURROUND YOURSELF WITH THE RIGHT PEOPLE



REACH OUT TO
FRIENDS



MENTORSHIP IS
IMPORTANT

INVIGORATE YOURSELF WITH THE GOALS YOU'VE SET

- What am I trying to achieve?
- Where am I trying to reach?
- Who do I need to connect with?



**LEVERAGE
SMALL WINS
FIRST**

What can I do
right now?

What can I do
today?

What can I get
done this week?

INSPIRE YOURSELF WITH A PLAN GOING FORWARD

- What is my goal going forward?
- What is the timeline of activities I need to get done?
- Create steps to get to where I need to go



EXECUTE THE PLAN

Execution is
key.

Do what you
say you're
going to do

Hold yourself
accountable

NEVER SAY NEVER



DON'T LET NEGATIVITY CLOUD
YOUR JUDGMENT



DON'T LISTEN TO THE PEOPLE WHO
HAVE GIVEN UP ON THEIR DREAMS

CHOOSE YOUR NEXT OPPORTUNITY



What am I tackling next



What is my next goal

EXPECT TO SUCCEED NEXT TIME

- Success starts in the mind
- Believe that you can do it



Rejection is inevitable

Evaluate the mistake/failure

Surround yourself with the right people

Invigorate yourself with the goals you've set

Leverage small wins first

Inspire yourself with a plan going forward

Execute the plan

Never say never

Choose your next opportunity

Expect to succeed next time

STEPS TO RESILIENCE

WHY RESILIENCE



Leads to
success



Builds
character



Better instead
of Bitter



Focus on the
future

QUESTIONS



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