



Goodness Barista Beau (right) posed questions from a large Facebook LIVE audience to John Thomas (left) and Paul Batz.

## How Resilience Helped John Thomas Find His Purpose

John Thomas, former college basketball star and NBA 1st round draft pick, has achieved the heights of success and known the depths of despair – and proved an ideal speaker to talk about personal and professional resilience at the first-ever online Good Leadership Breakfast, on March 20th.

Thomas candidly shared how he progressed from professional basketball’s “pinnacle,” earning more than \$2 million in his career, to retiring and losing his money, house, car and spouse, to divorce. Undaunted, he applied the same resilience he learned growing up to turning around his life and getting to where he is today.

Through the guidance of several digital and real-life mentors whom he sought out, and an ongoing drive for self-improvement, Thomas eventually became an NBA/WNBA executive. He now helps young professional players achieve their potential and avoid the mistakes he once made. After 40+ years, he believes he’s found his purpose.

“The things we think that are near and dear to hearts, that we think are what drives success, really had nothing to do with my purpose,” Thomas explains. “Over time I started to realize that my purpose was really rooted in love, and getting people to live the best versions of themselves.”

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## Three Resilience Takeaways from John Thomas

1. **Be a lifelong learner** – “When I would hear financial terms I didn’t know, I would take notes, then come into work at 4:30 the next morning and look up those terms so I would know them for our next meeting.”
2. **Understand where you are at** – “Propel yourself out of fear. In basketball, the thing I worked at was my left hand. My business world was my left hand. We all get better at what we practice.”
3. **Don’t put undo pressure on others** – Thomas is purposely not pressing his kids to play sports. “In today’s society, we put an overemphasis on sports. All I care about is, are they good people?”

## Breakfast Findings

### QUESTION 1:

Who participated?

- 21% - Sole Proprietor
- 24% - VP/C-Level Executive
- 24% - Manager
- 31% - Employee, not a manager

### QUESTION 2:

What is your benchmark score?

Average Score: **105** (out of a possible 150)

The Good Leadership Benchmark too was used during the breakfast workshop to help leaders identify development areas to improve resilience in their leadership.

### QUESTION 3:

Do you have a clear plan with personal and professional goals for the next 3 years?

**42% Yes / 58% No**



## Bucket of Goodwill Update

The Bucket of Goodwill donation is raised throughout the Breakfast. The amount collected is matched by Handy Paint Pail and donated to the winner's charity of choice.

### DONATION:

\$3,000 to Meals on Wheels



## Missed the Breakfast? We have you covered.

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**April 17**  
**Gloria Perez**

President and  
CEO, Women's  
Foundation of  
Minnesota



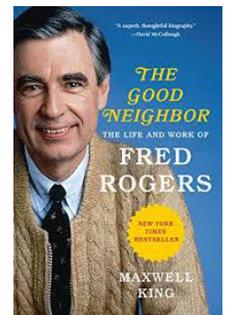
**Tune in for the next Facebook Live Breakfast:**

<https://www.facebook.com/GoodLeadershipEnterprises/>

## Book of the Month

The Good Neighbor provides timeless, simple wisdom appropriate for life with COVID-19.

"Try your best to make goodness attractive. That's one of the toughest assignments you will ever be given."



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