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Future Leaders Academy Update

Meet Ibrahima Fall and Brian Hammer



Ibrahima Fall, Future Leader 2023-24

I am constantly learning things from Ibrahima. He reminds me how important it is to be a learner in this process so that's wonderful. I look forward to doing whatever I can to support him in achieving his goals. – Brian Hammer, Mentor

t2pri.org | Contact: Brian Hammer, PhD, Executive Director | bhammer@t2pri.org | +1 612 843 5017

Ibrahima Fall is pursuing a double major in cybersecurity and information systems at St. Cloud State University where he's in the second semester of his sophomore year. In spring 2023, he enters his junior year. **Ibrahima's values are religion, wealth, status, integrity, and excellence.**

Ibrahima's mentor is Brian Hammer, think2perform Research Institute's Executive Director. For those familiar with this newsletter, **Brian's values of creativity, diversity, education, integrity, and health are frequently reflected in his monthly letter.**

Together, the pair share a warm and easy camaraderie in their weekly mentorship meetings. "I knew I needed support, but I didn't know what kind of support," says Ibrahima. "He's holding me accountable and at the same time he gives me independence."

Ibrahima set three distinct goals for himself. "My first goal is becoming a better student and raising my GPA," he says. "The second one is getting an internship for summer 2024 in a field related to my studies." His third goal will resonate with many: "creating balance and a more disciplined routine." This includes trying to eat better, exercise more, drink water, and improve his relationship to sleep. "I struggle with sleep; I sleep too much," he admits. When viewed holistically, Ibrahima's goals offer their own kind of balance by integrating the desires of his current student self, his aspiring professional future self, and the daily practices of a healthy human being.

The Future Leaders Academy training workshops gave Ibrahima an understanding of true leadership. It also helped him learn more about himself and what he wants. "I'd say the Research Institute helped me define my values better and helped me

clarify everything,” says Ibrahima. “Think2perform is the GPS to get where you're trying to go — it puts a light on things and shows you the best way.”

Ibrahima is seeing a lot of change already. He’s participating in internship interviews. He’s making a big effort to wake up at a consistent time, eat healthier foods, and study regularly. Be sure to check out some of his favorite study music featured in our Good Stuff Guide.



When asked to describe the time they share, both Ibrahima and Brian offer uplifting sentiments.

“It’s not just a mentorship, the exchange between us is more like a collaboration,” says Ibrahima. “I feel like it’s a safe space where I can express myself and what I want in life.”

“Ibrahima is very insightful and has a great sense of humor,” says Brian. “No matter what we talk about it’s always enjoyable and it’s always a very respectful conversation.”

“Brian has supported me a lot and I’m very grateful for him,” says Ibrahima. “I know I’ll get somewhere in my life and think2perform will help with that.”

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**Do you know a 16-23 year old young person in Minnesota with leadership potential?
(We believe everyone is a leader!)**

Our Future Leaders are each uniquely talented and interested in joining a supportive community of similarly curious and generous people....who want to achieve their goals.

See our blog for [stories about our Future Leaders and Mentors!](#)

Think2perform Research Institute 501(c)(3) | 706 2nd Ave S, Suite 271 | Minneapolis, MN 55405 USA

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