



ABOUT THE SHOW

"Moments to Momentum, with Scott Abbott" is a fun and educational talk show - featuring inspirational conversations with successful leaders from a wide-spectrum of demographics and vocations - that share their most meaningful situations, stories and events (i.e. "moments"). Furthermore, how those big moments produced "momentum," that helps them succeed in both their profession, and life. By having leaders share their most significant experiences - along with the lessons and advice learned - listeners gain their own "moments to momentum," as they enjoy and benefit from our guests' experiences, insights and recommendations.

An important element of the show - is identifying and discussing what Scott likes to call, the *"bio-mechanics"* to productivity, happiness and success. In other words, using the show to understand and appreciate, the components and connection between the *biological elements* (i.e. the mind, heart, body, soul, psychology and sociology), with the *mechanical elements* (i.e. the strategy, tactics, systems, structure, tools, science and engineering), it takes to develop, maintain and optimize consistent productivity, happiness and success: in business, work & life.

Moments to Momentum (MtM) is geared for open-minded, forward-thinking, high-achievers, of all ages and classifications - that appreciate hearing and learning from, successful leaders within business, academia, science, religion, health, government, tech, sports, music, art and entertainment. The unedited conversational format is authentic, informative and endearing (frankly, the more genuine and vulnerable the dialogue, the better). The show is appreciated for promoting teaching with learning, while being entertaining and instructional; candid and compassionate; considerate and constructive; challenging and empathetic; smart, but humble.

Moments to Momentum, with Scott Abbott is available on all of the popular video and podcast services, including Spotify, iTunes, Amazon & YouTube. Please listen, subscribe and share today.

ABOUT SCOTT ABBOTT

Scott Abbott specializes in creating, building and coaching prosperous companies, leadership and growth. He has 30+ years of skills, experience and expertise launching, operating, buying, and selling successful tech companies. Over his career, Scott has started several tech firms, raised and helped raise over \$25M+ in venture capital, personally lead teams that generate

billions in sales, and hired hundreds of employees. As a renowned business, leadership and growth specialist - Scott has personally worked with, advised and consulted for hundreds of companies, including startups, small, midsize and Fortune 1000 corporations. He is a finalist for the Ernst & the Young Entrepreneur of the Year Award, Inc. 5000 Fastest Growing Companies Award Winner, Entrepreneur in Residence at Indiana University Kelley School of Business, and the author of published articles, whitepapers, blogs and three books, including **The Co+Factor** and the best-selling/award-winning, **Level-UP to Professional**. Scott is and has been, a featured speaker at 100+ organizations, corporate and school events. To note, Scott likes to point out that he's also learned a lot through many failures, setbacks and by making a truckload of mistakes. As for his professions and passions: Scott has the joy, honor and privilege for being a Founder, Co-Founder, Investor, Managing Partner, Board Member, Leadership Coach, Author, and Certified Implementer™ of the **Entrepreneurial Operating System [EOS]®**. Most of all, Scott genuinely loves helping good and caring people - along with team-centric organizations - effectively learn, implement and leverage the best/right strategies, mechanics and principles for exceptional leadership, management and accountability: in business, work and life.

THE SHOW FORMAT

1. Guest's arrive at studio; select beverage of choice.
2. Get situated; mics on, intro & warm-up ("5 IN 10").
3. Your significant moment(s) & follow-on discussion.
4. Recap major lessons learned & the advice shared.
5. Wrap-up: final thoughts, comments, appreciations.

INTRODUCTIONS

- Welcome to the show.
- Tell us about yourself?
- Where's home? Family?
- Where did you go to school?
- What's your profession?
- Where do you work?
- What do you do for fun?

WARM-UP QUESTIONS ("5 IN 10")

Speaking of fun, the following questions are chosen by playing "**5 in 10**". This entails the guest spinning the wheel, to determine which set of 5 questions they will be asked, in 10 minutes. FYI: when the guest is not in the studio, Scott will spin on their behalf (as far as they know).

- What was your biggest challenge as a kid?
- What was your favorite thing to do as a kid?
- What was your first job out of school?

- What is your all-time favorite: cookie, snack, beverage & meal?
- What is your all-time favorite: book, movie, musical & song?
- What are you obsessed with these days?
- Do you have any pet peeves?
- What motivates you?
- What frustrates you?
- What makes you angry?
- What makes you happy?
- Do you have any annoying quirks?
- What color is your toothbrush?
- Name 2-3 famous people, that you would cherish having dinner with?
- Any celebrity crushes?
- What are your favorite hobbies?
- What's your go-to karaoke song?
- What T.V. sitcom would you want to be on?
- What do you hate to do? Love to do?
- What would you name your yacht?
- What would you like your nickname to be?
- If you were a teacher, what would you teach?
- What do you admire the most (besides a family member)?
- How do you relax and unwind?
- Favorite superhero or movie hero, and why?
- Do you have a hero in real life: who and why?
- If you had to choose, would you rather fight one horse-sized duck, or ten duck-sized horses?
- Picture making a PB&J: how do you put it together, and what do you eat and drink with it?
- If you were stranded for a week with only one person, who would it be (family not allowed)?
- What's your favorite animal: which animal would make the best president, and why?
- What's the funniest thing that happened to you recently?
- What are you known for?
- What do you want to be known for?
- What motivates you? What bothers you?
- What is the one thing you want to overcome or conquer?
- Describe what happiness looks like?
- What do you fear the most (besides bears)?
- What do you hate the most (and you can't say spiders)?
- Favorite Sport? Favorite Athlete?
- If you could learn a new skill, what would it be?
- What was your favorite TV show as a kid? And today?
- How do you like your ice cream: shake, cone or bowl?
- Favorite adult-beverage (assuming you partake ;)?
- Can you tell us your most favorite silly joke?
- What's your favorite word, expression or exclamation?
- What's a random fun fact about you, that most people don't know?
- If you had a hashtag to represent yourself, or what you stand for, what would that be?

THE MOMENTS TO MOMENTUM QUESTION

Q: Can you share with us one of your most meaningful, defining and noteworthy situations - you know, a specific experience, time, relationship, or event - that has made a significant impact on your life, so far? What happened, why was it so meaningful, what did you learn, how did it benefit you, and what advice or recommendations can you share? (BTW: we love to get/be vulnerable, so the more raw, personal and intimate the story and shares, the better).

POTENTIAL ADD-IN & ADD-ON QUESTIONS

- What are some of the biggest realizations/revelations that you can share from that situation?
- What decisions did you make, or now make, that came about from that situation?
- Everyone has good days and bad. How do you personally manage the ups and the downs?
- How do you deal with disappointment?
- What obstacles get in your way?
- What motivates you?
- What frustrates you?
- What makes you angry?
- What makes you happy?
- What do you regret the most?
- Where and how does curiosity play a role in your life?
- What about change: how do you feel about change?
- What are your biggest insecurities?
- What are your biggest challenges?
- What's the best compliment you've ever received?
- What misconceptions are there about you?
- Where in your life do you feel misunderstood?
- What do you wish you could stop doing and/or start doing, that would make you better?
- Can you share examples of (TBD)?
- What do you think makes for a great leader?
- Do you think it's best to be cynical, optimistic or pragmatic when setting goals?
- What's your definition of (TBD)?
- Do you believe in coincidence?
- How do you define diversity, equity and inclusion?
- Any specific habits or routines that work best for you?
- How do you overcome disappointment?
- What personality trait gets you in trouble?
- It's been said that the cornerstones to compassion and trust are authenticity, logic and empathy: what do you think, and why do you think trust is difficult for most people?
- Who has influenced you the most in life, and why?
- How do you decide and make decisions?
- What helps you get and stay focused?
- What fascinates you the most today?
- Describe what productivity means to you?

- The world seems extremely chaotic and complicated, these days. Do you see our challenges, as opportunities? And are there any issues in particular, that you're passionate about?
- Do you have a favorite quote? What is it?
- Do you have a personal mantra, or an individual purpose, mission or vision statement?
- What's one thing you should start or stop doing, to help you be a better version of yourself?
- If you had 2 - 3 wishes, for all of the people listening to the show, what would those be?

WRAP-UP & FINAL COMMENTS

That's a wrap: great conversation (all conversation when genuine and sincere, are great)!

Where can our listeners connect with you? And your company or business?

Thanks for being on **Moments to Momentum, with Scott Abbott**.

And please everyone - be sure to subscribe, enjoy and share the show, with your world.

Thanks!

THE REMAINING PAGE IS FOR GUEST NOTES