

Friends!

If you had an appointment with your therapist, would you share it on your public calendar?

Do you promote and practice daily mental hygiene—mental self care?

Toughness is not a solitary activity. TEAMS toughen each other up!

I learned all this and more from listening to CAPT Chris Schwarz tell his compelling personal story of the cumulative stressors in his life, and how he learned that it strengthens us to ask for help. What's more, our AMAZING audience shared ship-board stories of how it strengthens the WHOLE TEAM when we help each other.

Enjoy all this and more by clicking here.

Thanks again to our incredible guest mentor, Chris, and to you, our audience—a self selecting group who cares about professional development, and connection.

Teams! Crews! Tougher together when we ask for help.

Lean On, Friends!

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