Session FIVE: CAPT Jean Marie Sullivan, USN, “The Navy won’t love you back"

My dear friend and SUPER STAR inspirational leader, CAPT(sel) Jean Marie Sullivan agreed to be our guest mentor. She just completed a wildly successful command at sea tour of USS Whidbey Island (LSD 41), where she literally and figuratively turned that ship around!

Start Time : Nov 13, 2020



Zoom Meeting Recording:
https://zoom.us/rec/share/JkaasuaxGcLUyLyruwh2qKIgIUEm_NZb_iOA85b0pVkAUPqRdFVrWNIrR0ETk_uh.o7Ke4mOQ73apKhqH
Access Passcode: S0F5fY=i

Reference:
Jean Marie had a mentor tell her at a young age, “the Navy will never love you back” which inspired her to make some healthy choices, putting her career and life choices in perspective. Her story has been a super motivator to ME, and I asked her if she would share it with all of us!

Brene Brown’s new podcast, “Dare to Lead.” Last week, she interviewed Soccer player Olympian and author of the book, “Wolfpack,” Abby Wambach. I’m HOOKED, and had to share!

https://open.spotify.com/episode/0eRgnFdCcK93WNhzd6e9EL?si=IDgGEOA1QtCjWqbPUhiPyQ

Summary notes:

Friday’s session with CAPT(sel) Jean Marie was, as promised, inspirational! THANK YOU, Jean Marie, for sharing YOUR personal story and life experiences with us, inspiring us to go deep into our own.

All of us are touched somehow by suicide, loss of loved ones, tough decisions, pity parties, and life not going according to our plans. But Jean Marie's story, and the way she tells it, has inspired ME to find JOY and a FULL LIFE, focused on what we can control. I am so exited that she shared her story with all of us.