Session ELEVEN: CAPT Rob Francis, "Pressure to Perform"

Long time Lean On participant, friend, and shipmate CAPT Rob Francis agreed to be our next guest mentor! He recently published an article in USNI many of you have read entitled "Warrior Sprit, Fickle Heart." Rob I were Nuke Principal Assistant's together in CVN 72 back in 2008—and even back then, I can tell you, Rob's warrior spirit got ME through some of the darkest days of my Navy career yet.



Start Time : May 7, 2021

Zoom Meeting Recording:
https://zoom.us/rec/share/v-md14kzVRFRgySvkXhlACxA9I_uF5g-k9km5izoOwoyEja3vRYAAeC_CGycoX-n.d9KQEbySWVYarQEA

References:

Rob's article is here.

From the audience, you shared these references:

Culture of Candor: Simon Sinek explains it well in a quick video here.

Burn out: The feeling of being overwhelmed and exhausted by everything you have to do while still worrying you are not doing enough. Link to podcast here. Link to Burnout book here.

Summary notes:

Some of my biggest JOYS of this ever-growing leader development circle are the jaw dropping SURPRISES that come from our mentorship community's willingness to share their personal stories.

THANK YOU, CAPT Rob Francis! You were off the charts vulnerable, impactful, and may even have saved more than one life here.

It started as a story about knowing one's self and acting upon our what "WE know best:" those indications that tell us how to manage our own HEALTH so we don't end up "like Rob" with a near death experience in a key billet at sea. . . .

And it grew to Rob asking himself his motivation for WHY he works. . .

And then Rob shared how hard it is to "age out" of being poor. . .

. . . And how hard it might be to un-learn a deep trust for authority figures, even when we might know better.

. . . And then we shared indications of burnout, in ourselves and others.

. . . And so much more!

The JOY of this community.