

Hit play on this recording and get ready to be challenged—and inspired—to increase your game!

Once again, our guest speaker was AMAZING! General Thornhill's engagement and interaction with our audience brought this topic to LIFE! Thank you, Ma'am!

This was exactly what I always hope and dream for: that these sessions inspire us take our profession PERSONALLY! (BTW, before I started the recording, the General gave me a pop quiz (phew, I passed!). She asked me: "Name that beach behind me." The answer is at the bottom of this email, if you want to quiz yourself!)

Link to session here.

Although FULL of GREAT career advice, my favorite part of this session was General Thornhill's conversation about "Intellectual PT."

** Like our Physical Fitness regimen, we need an "Intellectual fitness" regiment. "Intellectual PT" teaches us to take on sophisticated, nuanced arguments--a skill set we all need as we get more senior in our professions.

** Effective "Intellectual PT" has three steps:

- Step One: WRITE DOWN your question. When you have a question about a government policy, a military engagement, or anything big impacting your profession, articulate the specific question by writing it down.

- Step Two: RESEARCH IT. Start with Wikipedia. Scroll down to the references, the articles, the books. Find those articles and books, and review them.

- Step Three: WRITE OUT your reflections, your key take-aways. Articulated nuanced point. Then submit your writings for publication!

** And. . . the secret sauce of Intellectual PT: Make it a HABIT! Dedicate 15-30 minutes of day this effort!

Enjoy this hour of professional development and inspiration to start (or re-invigorate) your intellectual PT!