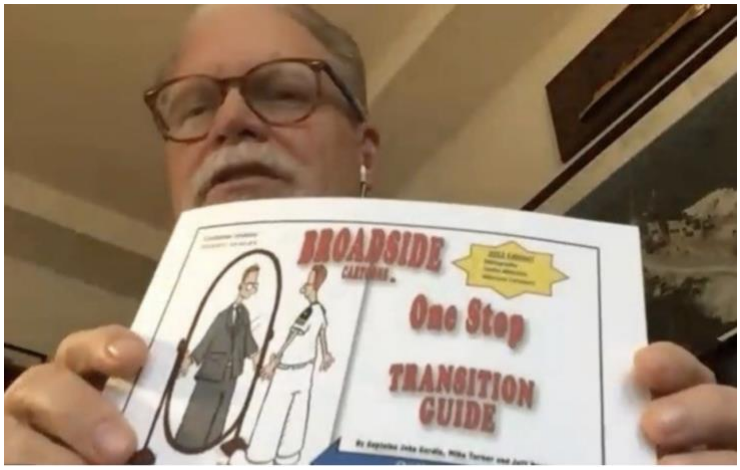

Fellow learning leaders,

Turns out, we are ALL in transition, ALL the time, whether we know it or not! Why not start now, finding your why? This super practical and wildly inspirational Lean On Navy session gave us some great tools for how to get going!

Thank you so much to award winning leader, esteemed author, retired Navy Captain, friend and fellow SWO nuke, Dr. John Cordle, who led us through some basic steps we can all learn from. Slides from his presentation are here.

Some of my key take-aways were:
* It's not just them interviewing you. You are interviewing THEM to see if you WANT the job!
* Sometimes, the success of an interview boils down to an emoji — what impression are you going to leave?
* To find your why, ask yourself, "what kinds of problems do you want to solve?

Captain Cordle's presentation was super open and vulnerable — he shared details of his financial health, his mental health, and his physical health — and what followed in the break out sessions was that we, too, were willing to share openly with each other.

Once again, it's the connections that come from these sessions that are the real secret sauce. One participant even offered to give anyone a free professional look at their resume. Jackpot!

Watch this video with YOUR teams, and level up your leadership — we ALL transition eventually, and when we do so, we want to be the healthiest, fittest, and most mentally prepared we can be.

Thank you, John!