A Sassy best friend Intervention (LCDR Amber Cowan)



What if you had an imaginary best friend, who could show up at just the right time in your life, and ask you, full of sass, “What . . what . . WHAT . . are you DOING?” That friend might make you make you laugh, cry, or just give you pause, nudging you on your path.

LCDR Amber Cowan, the first woman to serve as Executive Officer of a US Navy Nuclear Submarine, shared with us, with laughter and tears, the pivotal moments in her career when she asked that question of herself.

Listen HERE to share her trials and her joy. You'll hear the epiphanies and encouragements that came from her intervention-like sassy reflections. What's more, you'll get to WITNESS for yourself the encouragement and epiphanies that came from the audience, this Lean On Navy community.

Amber shared with us the day before she officially became XO, USS KENTUCKY (SSBN 737) (GOLD). Learn more about the history of women in the Submarine community here.

What are YOU doing? Lean On, friends!

