

MAGICAL.

That's the best way I can describe yesterday's Lean On session with Admiral Lacore, Chief of Staff, US Naval Forces Europe-Africa.

Thank you, Ma'am!

I felt like we were across the table from one another at an intimate coffee shop. . . not on a Zoom call connecting Naples, Italy and Seattle, Washington with participants joining in from across the globe!

Here are my takeaways, but don't believe me—listen for yourself here.

. . . And stay listening past the first 25 minutes of her presentation, because the audience sharing is powerful as well. . .

For each of the five lessons below, the Admiral summarized Chief Adam Brown's story as told in the book "Fearless," and then she shared her own personal story*

1) Second Chances: Give YOURSELF a second chance, too: The story of the second chance she got following her oversight when she was weapons officer for a helo detachment, and how that motivated her to excel, and to be empathetic.

2) Guiding Principles: Come back to them often. Quality parent over quantity parent. Principles help with tough choices, like when she was informed her eldest daughter was diagnosed with cancer while she was in a key leadership position in Afghanistan.

3) Pride and Excellence: Given tasking well "below" her position, she recognized she was in danger of letting her pride stand in the way of excelling, so she owned it. She repeated the mission, and got the team on board.

4) Tough calls: A grown man breaks down in her office, asking for over 45 days of leave in a key billet, and to be transferred. Not sure to PUSH him or to CODDLE him, she decides on a challenging but supportive tact, and he rises to the occasion. Similar to when Chief Brown's parents had to call the police on their own son for stealing from them.

5) When it's hard to be authentic: When working for a toxic leader, when being known as a parent may not feel "professional," when feeling left out as the "guys" all share social plans without you.

*Check out Valor Run, the non-profit the Admiral founded to remember women who died in combat here.

Thanks, again, Ma'am!

Check out past and upcoming Lean On sessions at LeanOnNavy.com here.