

## **Show Notes and Summary: "Straight Outta Workers' Comp" Episode 2**

**Hosts:** Mark Pugh and Bob Wilson

**Guest:** Leica Thompson Young

### **Summary:**

In this episode, Mark and Bob are joined by Leisha Thompson Young, who shares her inspiring journey of reinvention after a long corporate career. The conversation delves into pivotal life transitions, finding purpose, and embracing the discomfort of change. Topics include strategies for rediscovering passions, leveraging past skills for new ventures, and the importance of resilience and self-awareness.

Leisha highlights her journey from a 22-year career at Macy's to launching her own leadership program. She emphasizes reinvention as a process requiring intentional reflection and willingness to embrace uncertainty. The hosts also discuss their own transitions, sharing insights on balancing risk, celebrating small wins, and fostering personal growth.

### **Key Themes:**

- The process of reinvention later in life.
- Embracing discomfort and uncertainty as part of growth.
- Discovering core values and aligning them with new goals.
- Resilience and perseverance through life's challenges.
- Generational differences in attitudes toward work and reinvention.

### **Recommended Action Steps for Listeners:**

- 1. Reflect on Your Core Values:**
  - Identify your top five core values and narrow them down to one non-negotiable value. Use these as a compass for decision-making.
- 2. Schedule Time for Self-Reflection:**
  - Dedicate 30-60 minutes a week to assess your goals and priorities. Treat this time as a non-negotiable meeting with yourself.
- 3. Embrace Discomfort:**
  - Recognize that change is uncomfortable but necessary for growth. Stay committed to the process, even when clarity is not immediate.
- 4. Find Your "Why":**
  - Reflect on what motivates you and aligns with your passions. Use this as the foundation for any major life or career transitions.
- 5. Celebrate Small Wins:**

- Acknowledge and appreciate minor achievements during your journey to keep morale high and maintain momentum.
- 6. **Be a Teacher and Student:**
  - Share your knowledge while remaining open to learning new skills and perspectives to stay relevant and engaged.
- 7. **Move with Purpose:**
  - Incorporate physical activity or mindful movement into your routine to enhance clarity and resilience.

**Memorable Quotes:**

- “Reinvention is a process that takes time, but it requires stepping into discomfort and staying there until clarity emerges.” – Leisha Thompson Young
- “Being heart-led is more powerful than being thought-led.” – Leisha Thompson Young
- “At any age, you can reinvent yourself by betting on your inner strength and leveraging past wins.” – Mark Pugh

**Final Takeaway:**

Whether by choice or necessity, reinvention offers an opportunity to rediscover passions, build resilience, and create a meaningful next chapter. With intentionality, courage, and reflection, anyone can embrace change and thrive.