



Land On your Feet Foundation Inc

“Land on your feet (LOYF)” is a concept that I’ve been thinking about for years. It basically means, regardless of your situation you can always land on your feet when you know what “right looks like” in your mind’s eye. Part of LOYF will focus on a compilation of *life lessons* learned after serving 40 years with the Department of Army: 30 of which was in the US Intelligence Community whereby I am now willing to share to a broader audience. Throughout that time I had key developmental jobs at three different echelons, as well as having been Special Advisor to senior leaders where I was consulted daily on matters of mission, operations and personnel. While in these positions, I learned and developed different strategies and courses of action to solve a myriad of problems. I gained in-depth understanding, knowledge, and experience in facilitating and supporting the military force requirements. My background can easily be related to any large organizational dynamics.

The lessons learned aided me –my mentees and protégés- greatly in navigating a maze of challenging personal and professional situations. Moreover, I have been in a position to observe the absence of direction and focus on our youth and recognize the need to provide tools they can use on a daily basis as they mature into adolescence and adulthood. Throughout my career, I have successfully trained, coached and mentored dozens of Soldiers, Department of Defense Civilians and Contractors with their professional and personal development and career. As a parent, I co-raised four daughters in a foreign country to be solid citizens using some of the tools listed below. The lessons learned do not guarantee success; rather, they add introspective tools to an otherwise sparse toolbox.

Having been a trainer, coach, and mentor the majority of my entire career, I am now retired; I have time to do what I want to do; and that is being instrumental in influencing positive change wherever and whenever I can. For years, colleagues, mentees, protégés, and friends have encouraged me to capture my life lessons in a Memoir however; I do not think a Memoir is the right vehicle to get my message across to today's youth.

Topics for discussions:

1. You don’t have it until you get it and you’re not there until you are there; keep your eyes on the prize and go get it....ALMOST DOESN'T COUNT; Persistence is the key!
2. At any given time, we’re in one of three positions:
 - a. let it happen

- b. make it happen, or
 - c. wonder what the %#*^&@!! HAPPENED?!
3. I can see up there but how do I get up there?
 4. Sometimes the best thing to say is nothing...take a cup of shut up!
 5. I am no better than you and you're no better than me.
 6. Repetition and hard work is the best way to learn.
 7. Everywhere I go there I am.
 8. When the mind, heart, and gut are synchronized and focused, you're unstoppable.
 9. Don't let life treat you, treat life.
 10. Embrace the suck and control the minute...because it's not going to get any better.
 11. Don't be scared!
 12. Assume nothing; CYA!
 13. If you don't do something, nothing will happen real fast!
 14. Don't be a "YABUT"!
 15. Murphy is a sick person.
 16. Love where you live and live where you love.
 17. What does "right" look like; outcome, methods, and resources.....
 18.crabs in a basket.
 19. You can't make the rules to the game until you're in a position to make the rules...
 20. Don't co-sign on negativity.
 21. Values v. Beliefs
 22. Honesty v. Loyalty
 23. Pay yourself first.

24. First seek understanding then seek to be understood; active listening is an essential part to effective communication.
25. What does your gut say?

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