

STOP LEADING ON EMPTY | L3 ONE DAY TALK



L3Leadership.org/315

ABOUT DOUG:

Doug is the Director of Development at Light of Life Rescue Mission and Founder and CEO of L3 Leadership. He is the author of his eBook, "Making the Most of Mentoring", a step by step guide to help you build and cultivate relationships with mentors. He blogs at dougsmithlive.com, he is host of the L3 Leadership podcast, and he is a sought after public speaker. He is married to his high school sweetheart, Laura, who currently works as an Account Executive at Ivalua. Together, they love family, personal growth, travel, working out, and serving others.

6 KEY TAKEAWAYS:

1. Doug shares what led him to having panic attacks.
2. He discusses how his own stress and trauma affected him.
3. He talks about how therapy helped him through his difficult season.
4. Doug gives some insight into how self-acceptance
5. He shares that it's okay to not be okay.
6. He talks about how rest is crucial to preventing burnout.

**"When you burn out it's a result of unrealistic expectations internally."
– Doug Smith**

CONNECT WITH DOUG: <https://dougsmithlive.com/>

 Facebook  Instagram  Youtube  LinkedIn  Twitter

Thanks for tuning into this week's episode of the L3 Leadership Podcast. If you enjoyed this episode, please head over to Apple Podcasts, Stitcher, or Google Play to subscribe and leave us a rating and review.