



THE  
**L3 LEADERSHIP PODCAST**  
WITH DOUG SMITH



## **ADVERSITY AND WHAT SEPARATES GREAT ATHLETES FROM EVERYBODY ELSE**

[L3Leadership.org/375](https://L3Leadership.org/375)

### **ABOUT MIKE TOMLIN:**

Mike Tomlin was named the 16th head coach in Pittsburgh Steelers history on January 22, 2007. Hired at the age of 34, Tomlin became only the third head coach hired by the Steelers since 1969. In his 14 seasons as head coach for the Pittsburgh Steelers, Tomlin has accomplished many things that have never been done in the team's storied history. A franchise known for stability at the head coaching position, Tomlin ranks among the League's longest-tenured active head coaches entering the 2021 season.

Mike also founded the ManUp conference 10 years ago in partnership with the Urban Impact Foundation.

### **4 KEY TAKEAWAYS:**

**In this episode of the L3 Leadership Podcast**, Mike Tomlin shares what he's learned about being a Dad, his message to Dads in general, why adversity is a good thing and more.

1. Mike talks about his involvement with ManUp Pittsburgh, and why it's important to him.
2. He talks about what's on his heart for ManUp this year.
3. Adversity brings about an opportunity to get better.
4. In The Lightning Round, Mike shares the best advice he's ever received and his biggest leadership pet peeve.

**"The more uncomfortable I am, the greater the growth opportunity."  
- Mike Tomlin**

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