



THE L3 LEADERSHIP PODCAST WITH DOUG SMITH



BUILDING A LASTING LEGACY, FAITH, AND THE CHICK-FIL-A FAMILY

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ABOUT TRUDY CATHY WHITE:

Trudy is the daughter of Truett and Jeannette Cathy, and like her father, she is a beloved leader, communicator, and entrepreneur. When she was just 19 years old, Trudy began working for the family business. She became an operator of a new Chick-fil-A restaurant in Birmingham, Alabama – making her the youngest Operator at that time. Though she had just finished her freshman year at Samford University, Truett believed in his daughter and handed her the keys. She took a year off from school to run the restaurant and, in that time, hired fellow Samford student, John White, who she married. Throughout their marriage, Trudy and John White have actively sought opportunities to connect with and invest in others' lives. They served for 20 years with the International Mission Board; 10 of those years as missionaries in Brazil where they ultimately started a small church as well as "Lar WinShape," a home for children in need. The Whites are co-founders of Lifeshape, an organization committed to restoring children at risk, cultivating servant leaders and discipling the nations. They also founded Impact 360 Institute, which offers life-changing experiences that help students live out their faith with confidence. The program includes worldview studies, experiential learning, international travel and leadership training. An attentive wife, mother, grandmother and host, Trudy lives to serve and love others. "There is nothing I enjoy more than spending time with family and friends, and building relationships – both old and new," she says.

3 KEY TAKEAWAYS:

In this episode of the L3 Leadership Podcast, discover how to build a lasting legacy with family values and intentional influence with Trudy Cathy White, daughter of Chick-fil-A founders, Jeanette and Truett Cathy. Gain massive value from Trudy's insights as she shares her journey with the company and her family's legacy.

1. Learn about the story of the Cathy family and the pivotal moments in the Chick-fil-A journey, including the origin of their famous hamburger buns, pickles, and the role of biblical principles in the company's success.
2. Trudy discusses her new book, A Legacy That Lasts, and how to preserve your family's legacy and values.
3. She also discusses how to preserve and transfer family values, the impact of our parents' faith on our own, and finding mentors for your spiritual growth.

If you help enough other people get what they want in life, you'll eventually get what you want out of life."

- Trudy Cathy White

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