



DOUG SMITH

OVERCOMING MENTAL HEALTH BATTLES

In this episode of the L3 Leadership Podcast, Doug is interviewed by his long-time friend, Dan Herod for his podcast, Hope Between The Lines. They delve into relationships, mental health, grief, and more.

ABOUT DOUG:

Doug Smith 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 the 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.

3 KEY TAKEAWAYS:

1. Doug shares a funny story of a prank his father and brother-in-law played on him years ago.
2. He talks about grief and mental health and shares his personal experience with these matters.
3. Dan and Doug discuss how perspective can change everything and how we should highlight our accomplishments.

"It's been the trying things in my life, the hard seasons that I've gone through, the dark seasons that have helped me grow the most." - Doug Smith

