



DOUG SMITH

BECOMING A CONFIDENT LEADER

In this episode of the L3 Leadership Podcast, Doug is interviewed by his friend Zack Blair. Together, they discuss a variety of topics, such as mental health, leadership, confidence, and parenting.

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.

4 KEY TAKEAWAYS:

1. Doug shares his journey to confidence as a leader.
2. Zack and Doug reflect on their friendship over the years and how having support is crucial to being a leader.
3. Being good with people involves showing an interest in others. Doug shares how he teaches his kids this concept.
4. He talks about overcoming trauma and moving past difficult times in life with the help of a therapist.

"Invest in deep relationships." - Doug Smith

