**First-term Blues – Dealing w/ “Bad” Leaders Outline**

**INFORMATION:** Discussion about the difficulty encountered during the first few years in the military and how to deal with it productively.

**I. Introduction**

A. Attention (Being in the military is really hard. EVERYONE feels like quitting at some point during their first term).

B. Motivation (junior leaders need to understand what is happening in these periods from broader point of view to productively channel their frustrations in order to succeed in their first term).

C. Overview (We will talk about how you, in the midst of the kind of mind bending psychological stress only a junior enlisted military member can fathom, can emerge on the other end a better version of yourself).

**II. Body**

A. Main Point 1 (The Suck)

1. Sub-point (What is the Suck?)

2. Sub-point (Identify early your motivation for being here / where is your “bar”)

3. Sub-point (Do NOT adjust to the level of your surroundings unless their “bar” is higher than yours)

B. Main Point 2 (Channel the Suck)

1. Sub-point (Positivity isn’t just for morning people – mental strength and discipline)

2. Sub-point (Do not compromise your work ethic, integrity or character for ANYONE)

3. Sub-point (ASK FOR HELP! NO ONE DOES THIS ALONE. NO ONE.)

B. Main Point 3 (Conquer the Suck)

1. Sub-point (“Bad” leaders, bad leaders, and inexperienced leaders)

2. Sub-point (Learning from all three)

3. Sub-point (What do you do about them? Help or replace them. Then pay if fucking forward.)

**III. Conclusion**

A. Summary (Re-cap main points)

B. Re-motivation (junior leaders need to understand what is happening in these periods from broader point of view to productively channel their frustrations in order to succeed in their first term)

C. Closing (“Be the change you want to see in the world”. – Gandhi; stop pouting and get to work).