



EP. 145 CHEVRON'S KIM MCHUGH REWIND

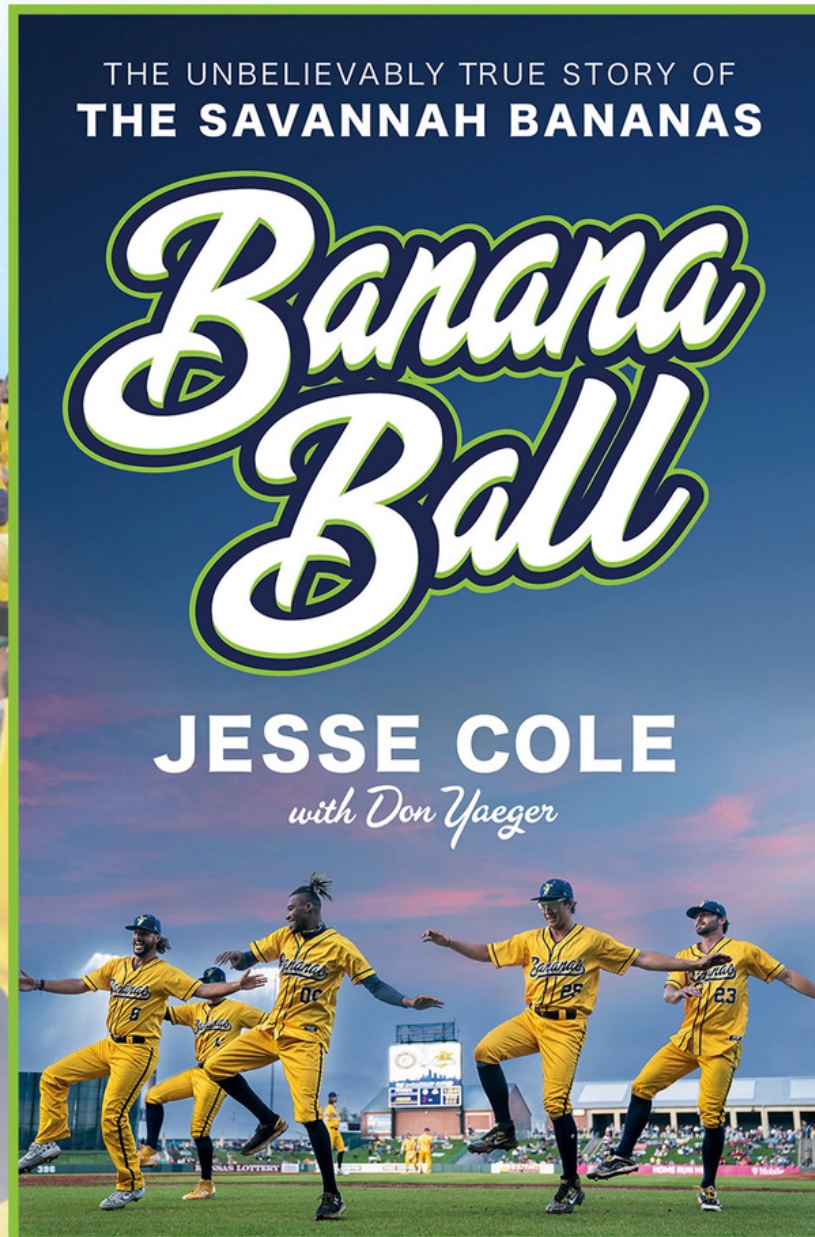
WITH HOST DON YAEGER

- (7:55) If you are going to do (something in volleyball), you are going to do it 100%. No matter what, every time. That carries into work, right? You get a project, and it is not an exciting project. It seems like something that is _____, but you're going to do it and you're going to do it 100%.
- (25:25) Set your target, because if you set it _____, and you don't get there, that's at least better than setting a low target that you achieve, and you are comfortable with.
- (27:40) I just want to be one of the team. And my job is to take away the _____, being that transparent with (my team). It's made me more effective through my career.
- (28:00) Some say feedback is a gift. I prefer to say that feedback is a *food*. I don't like to eat some things, but I know what is _____, where a *gift* always has a pleasant connotation to it.
- (31:00) *Reflection Question: Kim warned against favoritism in sports and business. How do you guard against this with your team?*

Answers: beneath you, high enough, barriers, good for me



The Savannah Bananas *peeled* back the game of baseball and made it fun again. I loved writing their story! - Don Yaeger



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