



## OLYMPIC GOLD MEDALIST KRISTEN FAULKNER

WITH HOST DON YAEGER

### *Don's favorite quotes from the episode:*

- Every time I join a team, I take time to identify one or two things I genuinely respect or admire about each member. It allows me to approach every interaction with a positive focus on their strengths.
- My brother asked me, 'Is competing at the Olympics a dream or a goal? If it's a dream, then you have no choice but to pursue it—and the small things in life shouldn't get in the way.'
- At some point you have to be comfortable not having all the answers.

**Reflection Questions:** How do you prepare for success in your field? Brainstorm three strategies to accelerate your learning. Like Kristen making flashcards and studying her competition, are you consistently analyzing your performance?

Identify a specific challenge you're about to face. List the aspects that are within your control. Like Kristen listing what she can and cannot control before every race, are you focusing your energy on the factors you can influence to set yourself up for success?

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# STORYTELLING IS THE DIFFERENCE BETWEEN GOOD AND GREAT

The good news is the Art of Storytelling can be learned!

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“

**Don Yaeger is the greatest storyteller  
in the world today and what he teaches  
will make an impact on your life.**

– John C. Maxwell

”

**When Simon Sinek  
wanted to teach  
storytelling to his  
community he  
called Don Yaeger.**



## SPEAKING TOPICS

- ☑ The Art of Storytelling
- ☑ Individual High-Performance
- ☑ Building Great Teams
- ☑ Servant Leadership

**DONYAEGER.COM**

**READY TO INSPIRE & TRANSFORM  
AT YOUR NEXT TEAM MEETING?**

Check Don's availability:  
850-284-9849 or [donw@greatnessinc.com](mailto:donw@greatnessinc.com)