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“A good mentor should help you find your gaps, not just point out where you have weaknesses or where you need growth.”



DR. CHEVY COOK
Executive Director of MilitaryMentors.Org

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Joe and Chevy discuss the art and science of mentorship. Chevy shares how important it is for people to find mentors and provides tips on how and where to find them. He also explains why peers can be a great source for development. Finally, they share stories of their own journeys and the role peer and more senior mentors have played in their

development.

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About Chevy

Chaveso “Chevy” Cook, Ph.D. is an active-duty Lieutenant Colonel in the U.S. Army. His career started in the historic 82nd Airborne Division at Fort Bragg, NC. After selection and training for Army Special Operations, he transferred to Psychological Operations, continuing service at Fort Bragg. During his military career he’s deployed during “The Surge”, the “Arab Spring”, and the fight against ISIS in roles working with a wide variety of American embassies, local leaders, and non-governmental organizations, in addition to assisting/training foreign militaries, and serving multiple special operations task forces. These and other experiences span Iraq (x3), Qatar (x2), Niger, Jordan, Afghanistan, Bahrain, Kuwait, Tajikistan, and the United Arab Emirates. He has led small, specialized teams and large formations with a variety of both civilians and military, as well as a multitude of specialties and demographics. Chevy was also fortunate enough to be a psychology instructor in the Department of Behavioral Sciences and Leadership at United States Military Academy (USMA). He currently is the speechwriter for the Honorable Christine Wormuth, the 25th Secretary of the Army.

Chevy’s education includes USMA (B.S. *Psychology*), the University of Texas-El Paso (M.A. *Leadership Development*), and Columbia University (M.A. *Organizational Psychology*). He recently earned his Doctorate at Tufts University (*Honos Civicus* and *Presidential Award for Civic Life*) where he focused his research on Human Development, particularly the formation of character. He has also earned a certificate in *Community Leadership and Social Change* and another in *Multicultural Mentoring*. Chevy’s professional memberships, some of which include the *American Psychological Association*, the *Council on Foreign Relations*, the *Carnegie Council for Ethics in International Affairs*, *Forbes Ignite*, and his

non-profit role as Executive Director of [MilitaryMentors](#) allow him to uniquely serve others outside of the uniform. He's consulted for industry leading businesses as well as special mission units at the edge of high risk/high stress leadership. Chevy has guest spoken and been widely published on topics of character, leadership, influence, organizational change, diversity/equity/inclusion, innovation, mentorship, social justice, and a multitude of other matters of personal and professional development.

Of his awards and instances of recognition, Chevy is most proud of his three *Military Outstanding Volunteer Service Medals* for sustained community and organizational investment and the 2016 *Secretary of the Army Diversity and Leadership Award*, given to one Army leader yearly for commitment to equal opportunity, Army Values, and professional development.

Chevy and his wife Ashley are from Columbia, SC. She is his high-school sweetheart, a personal trainer, and avid community supporter. Their most important triumphs are being together for over two decades and their beautiful daughters London and Lola.

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