

FROM
THE GREEN
NOTEBOOK

THE PODCAST

*"If you can observe
your behavior, you can
start to see the
patterns. Our lives are
a series of patterns."*

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CASSIE CROSBY
Executive Leadership Coach

**MY GREEN
NOTEBOOK**

JOE BYERLY & CASSIE CROSBY

FOREWORD BY DONALD ROBERTSON
AUTHOR OF HOW TO THINK LIKE A ROMAN EMPEROR

Joe and Cassie talk about the power of reflection and what got in the way of realizing its benefits earlier in their careers. They also share the story behind their recently released book, [*My Green Notebook: "Know Thyself" Before Changing Jobs.*](#)

[Click here](#) to listen to the episode

About Cassie

Cassie is a leadership coach with extensive experience leading multifunctional teams in

dynamic and complex environments. She has a BA in English from the University of New Hampshire, and MBA in Organizational Leadership from Norwich University, and Master of Military Art and Science in Operational Planning from US Army School of Advanced Military Studies. She is the founder of [Iterata Solutions](#), a leadership coaching and consulting company.

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