

S3,Ep 26: LT. GEN. Xavier Brunson and COL. (ret) Kirsten Brunson- Managing the Tension Between Work and Family



*"It doesn't matter
how much time you
are home, it matters
that you are present
when you are."*



LT. GEN. XAVIER BRUNSON
& COL. (RET) KIRSTEN BRUNSON

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In this episode, Joe talks to the Brunsons about how they've managed their careers and their family, while both having served in the U.S. Army. LT. GEN. Brunson and Kirsten share lessons on communication, maintaining relationships with children, and emphasize the importance of counseling when couples feel stuck.

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

Meet Xavier (@Bayonet6X) and Kirsten

Xavier T. Brunson serves as the commanding general of I Corps since October 6, 2021. He previously served as deputy commanding general of I Corps from May 2021 to September 2021, and commanding general of the [7th](#) Infantry Division from August 2019 to May 2021, with assignments as chief of staff of XVIII Airborne Corps from August 2017 to June 2019 and deputy commanding general for operations of the 10th Mountain Division from November 2016 to June 2017.

A native of Fayetteville, North Carolina, Brunson enrolled in Reid Ross High School. Brunson holds a bachelor's degree in Political Science from Hampton University (where he earned his commission in 1990), a master's degree in Human Resources from

Webster University, and a master's degree in National Security and Strategic Studies from the United States Army War College.

Colonel (Retired) Kirsten Brunson was selected for induction into the U.S. Army Women's Foundation Hall of Fame for 2022. USA She began her Army journey with an ROTC scholarship earned at ROTC Basic Camp at Fort Knox, KY. She graduated from the University of Maryland at College Park with a B.A. in Criminology and, via a cross-enrollment program, was commissioned through Howard University's ROTC program. COL Brunson took an educational delay to attend UCLA School of Law, where she was a member of the Law Review. In 1992, she entered active duty in the JAG Corps.

On her first assignment to Germany, she met a young infantry lieutenant and married him in 1993. As part of a dual military couple, she served at Fort Bragg, NC, Fort Campbell, KY, Fort Hood, TX, and the Washington,

D.C. area. Her assignments include Chief of Claims at XVIII Airborne Corps, Legal Advisor to the Field

Investigative Unit, 701st MP Group (CID), Deputy Chief of the Defense Appellate Division, Deputy Staff Judge

Advocate for US Army Special Operations Command, and Regional Defense Counsel for the Southeast

- Region. In 2008, COL Brunson was selected as the first African-American female to serve as an Army judge.

She served as a Circuit Judge at Fort Hood, TX and Fort Bragg, NC

COL Brunson holds a Master of Laws (LL.M.) with a specialty in Military Justice from the Judge Advocate

General's School of the Army and was recognized as an expert in military justice. Her awards and

decorations include the Parachutist's Badge, Legion of Merit, Meritorious Service Medal, Shield of Sparta

(National Infantry Association), and Keeper of the Hourglass (7th Infantry Division).

COL Brunson retired from the Army in November 2015. Outside of the Army, COL Brunson has served as

school board chair for Freedom Christian Academy and Site Director of Children's Ministry at Manna Church

She has worked for the Rick Herrema Foundation, taught at a homeschool co-op, and has homeschooled her

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son, She currently serves as co-chair of the Military and Veteran Judges Committee of the National Association of Worn Judges, advisor to the Spouses Club of Lewis-McChord, Merit Badge Counselor for the Boy Scouts of America

COL Brunson has been married to LTG Xavier I Brunson for 28 years and they have three children (Raechel, Rebekah, and Joshua)

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