

FROM
THE GREEN
NOTEBOOK



THE PODCAST



*“Share your
experiences to help
put people on the
right path.”*

SPONSORED BY



ALPHA
COFFEE



MTNTOUGH
FITNESS LAB

JOANN NAUMANN

Command Sergeant Major for U.S.
Special Operations Command Korea

Command Sergeant Major JoAnn Naumann shares her powerful story of coming to the realization that something wasn't right internally and if she wanted to lead others, she needed to begin with herself. Joe and JoAnn discuss stigmas with asking for help, the importance of habits and rituals, and setting professional boundaries.

Share this:

- [Email](#)
- [Tweet](#)
- 
- [Print](#)
- [WhatsApp](#)