



L3 LEADERSHIP PODCAST

Episode #188: Dr. Les Parrott

L3Leadership.org/episode188

ABOUT LES:

Dr. Les Parrott, psychologist and #1 New York Times best-selling author, is the creator of the game-changing Deep Love Assessment - a highly customized tool for couples at any age or stage. His books, coauthored with his wife Leslie, include Love Talk, The Good Fight, Your Time-Starved Marriage and the award-winning Saving Your Marriage Before It Starts. Les has been featured on Oprah, Today Show, CNN, Fox News, The View, and in USA Today and The New York Times. Les is a professor of psychology at Northwest University and he and Leslie are the co-founders of the Center for Healthy Relationships on the campus of Olivet Nazarene University. Les and Leslie live in Seattle with their two sons. Learn more at LesAndLeslie.com.

CONNECT WITH LES:

- LesandLeslie.com
- Facebook
- Vimeo
- Twitter
- Deep Love Assessment
- Saving Your Marriage Before it Starts
- MarriageMentoring.com

KEY TAKEAWAYS:

- The power of delayed gratification
- To be published today, build your platform
- For every % the divorce rate goes down, the life of 1,000,000 children are positively impacted
- Your relationships can only be as healthy as you are
- When you become a healthier person, you draw healthier people to you
- Know what you're looking for
- Make a list of deal makers and deal breakers in a relationship
- Focus on relationship skills: communication and managing conflict
- Every married couple needs a marriage mentor
- When a couple can take an assessment to better understand themselves and each other it is a game changer
- Know the people you need around you to scale, if you don't, you'll fail from the offset
- Empathy is the single most important quality we have
- Hone the skill of empathy
- Questions to ask leaders: What's your biggest challenge? What are you reading? What's most energizing to you these days?
- Relax!

LINKS MENTIONED:

- Apple AirPods
- Fight Night with Les and Leslie in Pittsburgh
- Total Money Makeover (affiliate link)
- Love Does by Bob Goff
- Learned Optimism
- Emotional Intelligence