

Podcast Episode 103 - Breaking Down Barriers, Mentoring, and Tactical Empathy with Missy Young

Missy Young is the CIO of Switch, and someone who has proven herself as a leader both in business and in the community. We discuss the challenges of diversity and inclusion in STEAM, mentoring within the community and at work, and explore how we can all do something for ourselves and others in small ways every day. Missy truly lives a life to bring good to her community and her team through strong leadership and giving back.

This is an inspirational discussion and really opens up your eyes as to how great organizations like Opportunity Village and FIRST Robotics are creating opportunities and what we can do to amplify the good they are doing.

Opportunity Village: <https://www.opportunityvillage.org>

FIRST Robotics: <https://www.firstinspires.org/robotics/frc>

Listen to the episode here:

<https://disco possepodcast.com/episode-103-breaking-down-barriers-mentoring-and-tactical-empathy-with-missy-young/>

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Podcast Episode 88 - Lauren Cooney (@lcooney) on Spark Labs, Coaching, and Inclusivity in Tech and Business

Lauren Cooney is the founder of Spark Labs (<https://sparklabsco.com>) and has been doing amazing work leading mentoring, coaching, and leadership programs for women in technology which is a much needed effort. In this very open and exciting discussion, Lauren shares how she and her community building programs are working to bring diversity and inclusivity into business and tech through education and empowerment of individuals to unlock their full potential which may have seemed out of reach.

You can reach Lauren and Spark Labs in many ways here: <https://linktr.ee/sparklabs>

Listen to the episode here:

<http://podcast.discoposse.com/e/ep-88-lauren-cooney-lcooney-on-spark-labs-coaching-and-inclusivity-in-tech-and-business/>

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