

## Lisa Jaster

Army Ranger, Leadership and Peak Performance Expert

**What Is A Leader?** In September of 2015, the US Army officially opened one of the most difficult combat training courses in the world, Ranger School, to female candidates for the first time. Army Major Lisa Jaster, at that time 37 and working a great corporate job complete with first-class airfare and five-star hotel rooms, immediately signed up for the intensive, 61-day-long leadership course. Months later, sleep-deprived and carrying an 80-pound rucksack for miles on end alongside 23-year-old trainees, the wife and mother of two would reflect on one simple question: *Why?*

Jaster's speech takes audiences through her personal story and the lessons she learned through becoming one of only three women to ever graduate the program. The presentation touches on themes of commitment, perseverance, tuning out doubt, "walking the walk," and what leadership really means. It is an inspiring story about becoming a better leader, serving others, and, above all, understanding that only you can decide what you are capable of achieving.

**Don't Let The Quit In.** As one of the first women ever given the opportunity to attend the equally rigorous and prestigious Army Ranger School, Major Lisa Jaster battled her way through a training course that humbles most men at the age of 37. Throughout her six months at Ranger School, Jaster faced countless difficult moments, including days when her training partner openly doubted her abilities, nights that she lay awake wondering whether she belonged there, and a particularly tough moment when the two other women in her class moved on to the next phase of training without her. Despite those trials, Jaster maintains that stopping and quitting was never an option.

Jaster explains why she felt it was so important to attend Ranger School, how she stayed motivated during those dark moments, and why "Once you think about quitting, you let the quit in you." Filled with humorous stories and moving anecdotes, Jaster's talk leaves audiences inspired to push past adversity no matter the cost and better their lives.