

DISCOVER LEADERSHIP THIS WEEK WITH CAPTAINS

NEW EPISODES
EVERY THURSDAY



HOSTED BY
ELISA
STOCKING

What is leadership? And do I have it?

Leadership can be daunting and challenging. Many people seek to grow their leadership skills, while others may not know they are leaders themselves. No matter your background, the Captains: Discovering Leadership podcast will help you navigate your leadership journey by featuring a captain from a different discipline each week.

Learn how to navigate, challenge, and empower your leadership skills with
Episode One “What is Leadership? And Do I Have It?”

[LISTEN NOW](#)



KRISTIN DAVIS

Inspiring leaders across generations, Kristin is the Associate Vice President of Academic Instruction and formerly served as a psychology professor at Northwest Mississippi Community College. Davis has spent 19 years cultivating leadership in her students.

Kristin studied psychology and counseling at the University of Memphis. She has also pursued postgraduate work in Psychology, Leadership, and Community College Leadership through Capella and the University of Memphis.

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ELISA STOCKING

A proponent that “everyone is a leader,” Elisa is a senior at Mississippi State University who finds herself in more extra curricular activities than her calendar can handle. Serving as the MSU PRSSA chapter president, Elisa is passionate about expanding her leadership qualities and inspiring others.

Elisa graduated from Northwest Mississippi Community college and is working towards her bachelor’s in public relations. Her family has always called her a “chatterbox” so she finds joy hosting Captains and dedicates every episode to them for believing in her.

[LEARN MORE ABOUT OUR HOST ←](#)



LISTEN TO EPISODE ONE TODAY!



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Only 10% of the world
are natural leaders,
BUT WE NEED MORE

LEARN TO LEAD

with CAPTAINS: Discovering Leadership hosted by Elisa Stocking

Goal
Setting

Active
Listening

Collaboration



New podcast episodes every Thursday!

Zipia Team. (2022, December 6). What percentage of the population are leaders? Zipia. <https://www.zipia.com/answers/what-percentage-of-the-population-are-leaders/>

To Lead is to be Humbled

While I was on a congressional internship in Washington D.C., I felt like I had truly made it. To be working so closely under the world's most influential leaders, a bit of pride stirred in me every day I left the Capital South metro stop to scan into the Cannon building on the Hill. I tried every day to make sure I was perfect - a model intern. But one day I learned what it means to be a leader.

After accidentally talking to a reporter who did not properly identify themselves, I learned that no matter how many people I had my response cleared before my statement, I was still responsible. The congressional team had every right to let me go, but they knew I had good intentions. They assured me of my value and their appreciation for my work. They even took some level of responsibility for not catching the issue sooner when I cleared the call through higher administration.

They showed me what it meant to be a leader. I learned that in order to lead others, you have to be humbled along on the way.

Being humbled is painful. Those first few days back in the office were hard because I feared the wonderful team was looking down on me, when they were actually cheering me on. Allow yourself to be humbled. Hold yourself accountable for your actions. Take charge to admit when you are wrong. Do these things to become a better person and lead the people in your life through the same kindness and compassion I was shown that fateful weekend on Capital Hill.

- *Elisa Stocking*



“IF YOUR ACTIONS INSPIRE OTHERS
TO DREAM MORE, LEARN MORE,
DO MORE AND BECOME MORE,
YOU ARE A LEADER.”

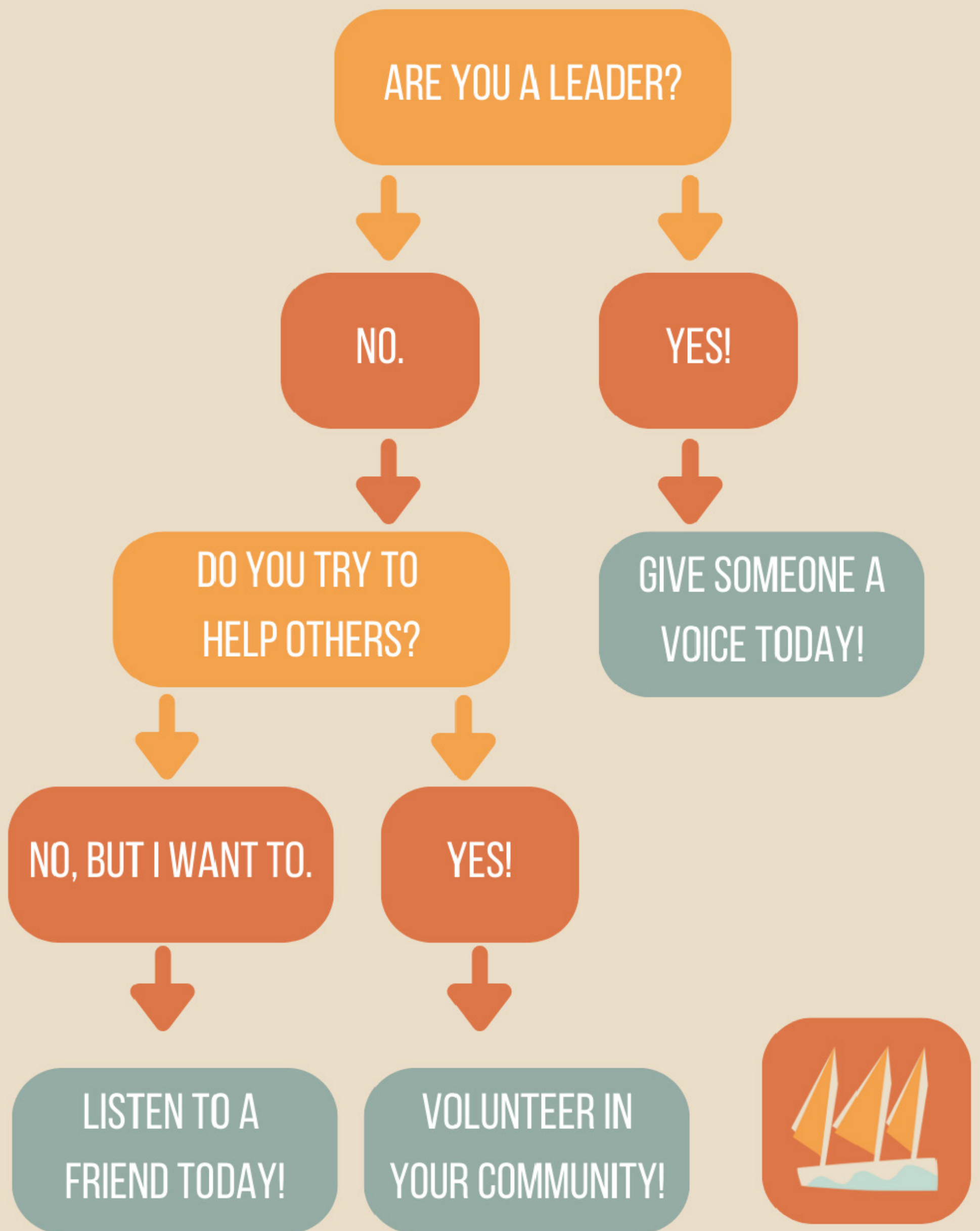
- JOHN QUINCY ADAMS

@CAPTAINSPodcast



ARE YOU A LEADER?

Follow the chart below for inspiration to be a leader TODAY!



SHARE YOUR RESULTS WITH US!



LISTEN TO EPISODE ONE TODAY!



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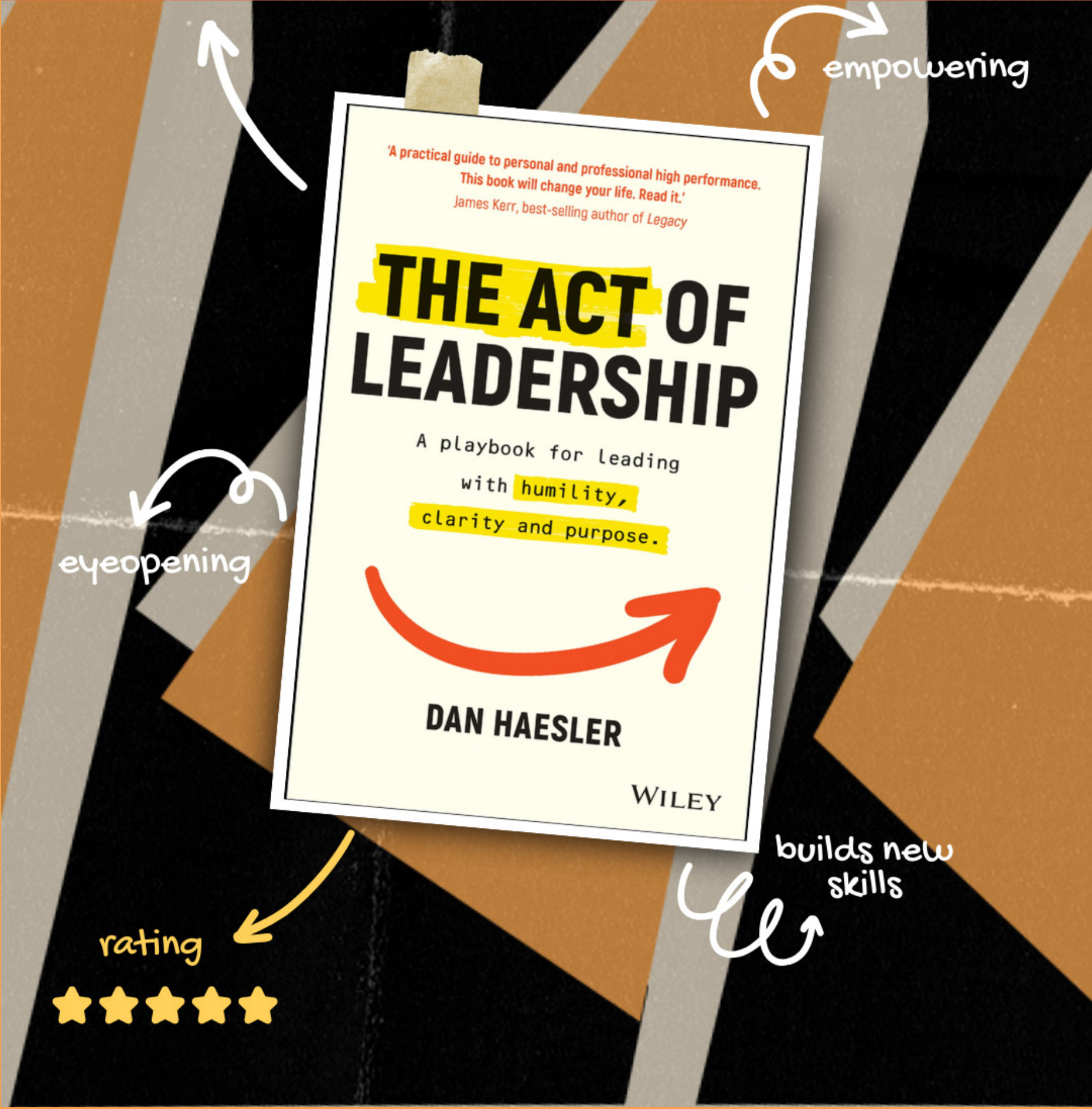
CAPTAINS BOOK CLUB

Can't get enough tips and tricks to broaden your leadership skills?

Join our book club for more conversations about personal leadership development!
Write reviews and engage with other book club members on our website for a chance to be a guest on the podcast to review the featured book with Elisa!

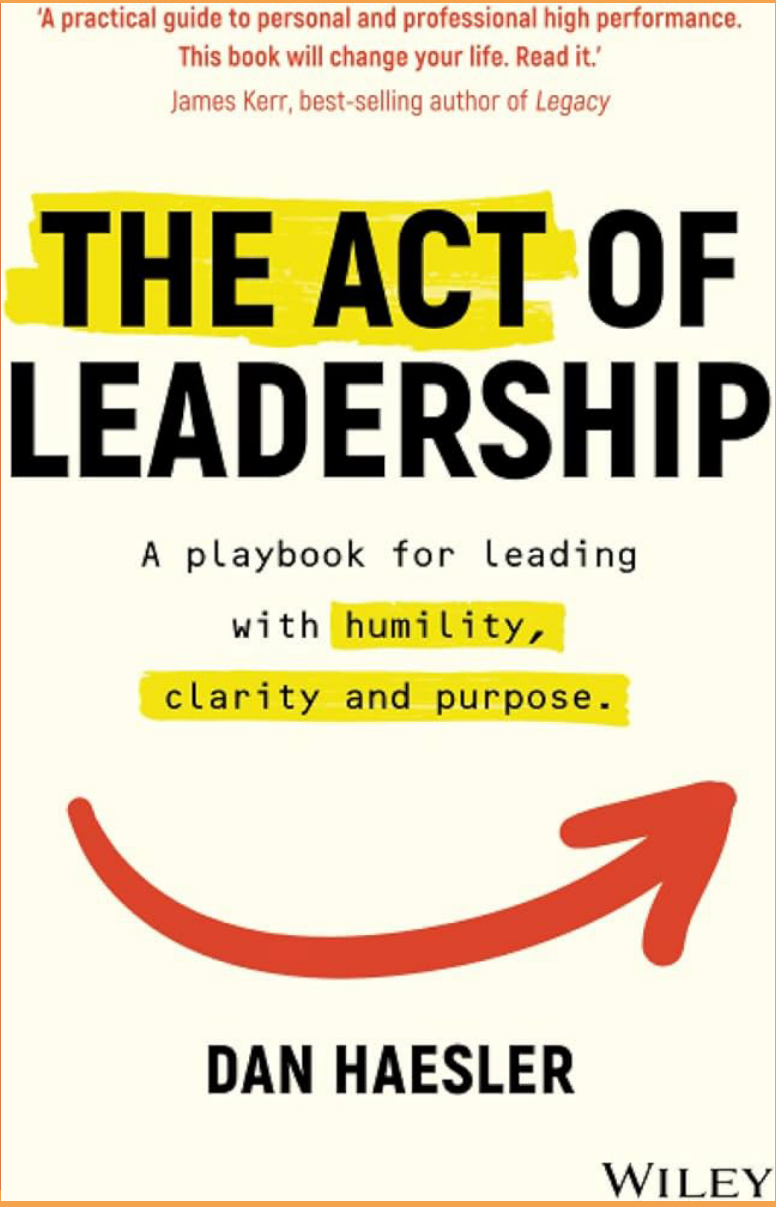
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