Corey Andrew Powell ([00:02](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Hello everyone. I am Corey Andrew. This is the Motivational Mondays podcast, and I'm so happy to be joined today by Connor McKemey. Now, at just 13 years old, Connor faced a life altering event that left him with third degree burn burns, covering 90% of his body now given less than a 1% chance of survival. He defied those odds and not only survived, but he has thrived beyond Now. He's a living testament to the power of resilience, determination, and the human spirit. Connor, welcome to Motivational Mondays.

Connor McKemey ([00:32](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Thank you for having me, Corey. It's a pleasure to be here.

Corey Andrew Powell ([00:36](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Excellent. Well, we are happy here too. And you know, as I had mentioned in the intro, to give a little backstory, I guess no one of course could tell it like you can about that moment of your life that was forever changed by this fire incident. So with that, given, how did you find the strength to overcome such, I guess, immense adversity that many may not have been able to do?

Connor McKemey ([00:58](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Uh, I, I, I mean, I would be the first to say it always started with, you know, that core community, family, and just, you know, the warmth and strength of so many people that surrounded me. Right. I mean, that was without a doubt, the lowest point in my life. But, you know, something like that doesn't just affect me. It affects my family, my friends, you know, the community around us, and just the, the strength and the way that all these people rallied around me. When I finally woke up, I was in a medically induced coma for a couple of months while they did surgeries. Uh, and I wake up and I see all the letters and the notes and just, you know, all the support. It was like, all right, like, I'm not doing this on my own.

Corey Andrew Powell ([01:33](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Connor McKemey ([01:34](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

I have the strength of so many people, you know, supporting me. And that kind of kicked me in gear, you know, it was really easy to, to feel sorry for myself, and I took the time like anybody else would, and you asked those questions, why did this happen to me? Uh, you know, what's my future gonna look like? But, uh, when I looked around and I saw how much it meant to so many other people to see me trying to get better, uh, that, that just lit something in me.

Corey Andrew Powell ([01:59](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Connor McKemey ([01:59](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

And from that moment on, it was like, all right, like, I'm gonna try everything I can to just do something each and every day to get a little bit closer to where I was, um, and not get too far ahead of myself or put like, time constraints on it. Right. Because nobody knew what the future was gonna hold. It was like, look, let's just try to get a little bit better each and every day. And, uh, eventually I felt like we would get to where we wanted to go. And, um, for me it was, I couldn't, again, I couldn't have done it without so many people like supporting me and giving me that strength when I didn't have it, you know?

Corey Andrew Powell ([02:31](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm.

Connor McKemey ([02:32](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

The, the, the amount of surgeries, the constant, you know, rehab and, and, and putting in all that work and that pain, and that time it was like, if I was, if I felt like I was isolated and I had to do that on my own, then it probably would've crushed me. Um, but I needed the strength of so many people around me, my parents, my brothers, my friends, the community, the doctors, you know, all these people that like, give you that strength when you, you feel like you're tapped out.

Corey Andrew Powell ([02:56](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([02:57](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

It was like they gave me that little extra to keep going, to keep waking up, to keep trying. And, you know, what I get to do now when I spread messages, uh, you know, I always am taking those people with me and, and reminding it, everyone that it's like, you're not alone in this journey.

Corey Andrew Powell ([03:12](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

You know, why, why? I think that's even more important than just what it did for you in that realization. It also is a message to the community, to all of us, to people who have to be the support for someone who's gone through something very devastating that way. And it reminds me of last week, I, or two weeks ago, I interviewed a guest who had lost his leg to bone marrow cancer when he was like 16. So he had gone through something very similar at a young age and having to now adjust. And on the opposite side of that, he had a lot of the people saying to him, well, you know, you're never gonna be able to do this again, and you're not gonna be able to do that again, and so you better prepare for, and so he had this whole mantra of like, who says I can't? And that became his moniker of how he's so successful today. So did you have any of, I mean, you had the support, I know, but was there, were there any people who sort of tried to prepare you for maybe life being not what it was, and then in that regard, they may have almost discouraged you without realizing?

Connor McKemey ([04:09](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah. I mean, listen, the, the medical staff, the doctors, the surgeons are always gonna be up front and try to, you know, paint the picture for you. And, and mine was like, look, this was a severe burn. Uh, you know, you're definitely lucky to be here, but your life going forward is gonna be completely different. And, you know, that was definitely a tough pill to swallow.

Corey Andrew Powell ([04:28](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([04:28](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

I mean, I was an athletic kid, I love playing sports, and that was one of the things they're like, you're not gonna do that. Like, you can't, you need to focus on just trying to learn how to walk, trying to learn how to, like, tie your shoes, get dressed, but like, you know, try to limit your expectations a little bit. And I think being young, I can relate to his mindset where it was like, why can't I? Right? Like, you feel like there's so much future ahead of you. I'm like, look, I'll figure it out.

Corey Andrew Powell ([04:53](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Right.

Connor McKemey ([04:53](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

It might not be easy. It might not, you know, be the traditional way or the way that I used to do it, but I can figure something out to get back to walking, to get back to moving. And, um, for me, the earliest thing was like, I wanted to get back to just like, playing hoops in the driveway with my brothers, throwing the football, you know, the small little things.

Corey Andrew Powell ([05:11](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([05:11](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

I was like, if I could do that, then maybe I can go and play sports again, then maybe I can and take that next step. But yeah, there was definitely people, especially when I got outta the hospital that didn't really wanna work with me because I was so ambitious. Like I wanted, you know, I was walking around and I was doing these things, but like, I wanted to learn how to run. I wanted to learn how to get stronger and lift weights and, and, and, you know, take what was a six to, you know, 130 pound frame and like put meat on the bone <laugh>, and, and.

Corey Andrew Powell ([05:40](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Right.

Connor McKemey ([05:41](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

You know, build up some strength and, and like be able to compete. And, uh, I finally had the, this trainer in Charlotte, Chip Sigmund, who was like, look, I'm gonna train him like an athlete that needs to get bigger, faster, stronger. And when I had, like, that's why I always lean back on that belief of others, right? Like, I had no, no, no, no, no. Finally somebody was like, look, I'll take on the challenge.

Corey Andrew Powell ([06:01](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([06:02](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Like, if he's as ambitious, I'll meet him there.

Corey Andrew Powell ([06:04](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Connor McKemey ([06:05](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

And again, that, that was like, took us to the next step and he helped me get back to playing high school and eventually college across. And like, I owe him, you know, the world to that because in a world where people didn't want to make, you know, didn't want me to feel like I failed or wasn't gonna meet my goals, he was like, look, we're gonna try and if we don't get there, we don't get there.

Corey Andrew Powell ([06:25](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Right.

Connor McKemey ([06:25](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

But like, we're gonna at least try.

Corey Andrew Powell ([06:27](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah. And it's important too to mention that, and many people, they don't mean to be discouraging. They're really protective. They love you and they don't wanna give you false hope. And, you know, so you can understand, obviously, I guess why they do it. But, uh, you, you know, it's in the, in the instance of the gentleman who I mentioned, same thing, he loved to ski, and so he's like, now I have one leg, how do I do that? So he like figured it out and like kind of rigged up his own sort of ski thing, you know?

Connor McKemey ([06:52](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([06:52](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

So he could, so he could do it. And then that was the catalyst for him getting back to other things. And so I love that you mentioned sometimes it's the incremental steps that get you back to your full capacity if you just have a strategy.

Connor McKemey ([07:07](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah. I mean, for, for, for, for me it was like, alright, look, I had these big dreams or goals, right? Getting back to playing sports again, getting back to, you know, living a normal life. Um, but I knew again, it wasn't gonna happen tomorrow, right?

Corey Andrew Powell ([07:24](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([07:24](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

It wasn't gonna, I wasn't gonna be able to just wake up and everything, just disappear and, and, and, and, you know, be there. And I think early on it was frustrating because you are so caught up in what you lost and what you weren't, you know, able to do that. I had to change my mindset from like, look, let's just take the little victories each and every day and like, make that be what keeps us going.

Corey Andrew Powell ([07:48](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([07:49](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Not, Hey, I can't walk. Hey, I can't run. Hey, I can't tie my shoes. It's like, look, I stood up today.

Corey Andrew Powell ([07:53](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([07:54](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Like, that was first. I hadn't been able to do that before. And then when I finally did take a step, it was like, look, I took a step. Now let's try to take two tomorrow and four. And, and you know, when you get that ball of momentum rolling, like it, it goes and it's a powerful thing.

Corey Andrew Powell ([08:07](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah. And when I talk to people like yourself who are successful, who've been through serious adversity, uh, I, I, I often find that even nuggets like that, that are very specific to you, they translate well into everyday life for everyday people. I mean, that's just what you just said is such a metaphor. Like, if you wake up in the morning and you're like, well, first I'm here, so that's good, <laugh>. You know, let's start with the, with the easy stuff. And, um, I'm gonna get outta bed and I can do that. And it's one step at a time, and, you know, take life that way as well, so you don't sort of, um, try to move too fast and miss the journey. And, and I know for you, your journey has a lot to do with the, the positive mindset and resilience. So when it comes to that mental resilience, I know is something that you really talk a lot about. What's your take on the correlation between mental resilience and, uh, and being a productive person who can thrive in society?

Connor McKemey ([09:04](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

So I, you know, when I get asked like, what, to me made the biggest difference in my recovery and my journey, it, it was without a doubt, like my belief in the power of the mind, right? And like the little things that we can control in our mindset and our perspective that truly make the biggest difference, right?

Corey Andrew Powell ([09:23](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([09:24](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Like, in a small, small way, people could, could look at it as like a cup half full versus half empty. But for me, it's just all the little mini battles in, in, in ways that we view things like by just altering it and changing our perspective by just a little bit, like completely changes our battle, right? Like there's, there's, you know, so many times where we're caught up in, again, all these things that we couldn't control that happened in our lives.

Corey Andrew Powell ([09:52](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([09:53](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

That instead, it's like, all right, look, why don't I focus on how I react to it? Instead of everything, you know, piling on, it's like, look, this is another battle. And if I feel like I have the tools to, to get through it, then like, I have to have a little bit more belief in myself, right? And, and so for me, it was just every time I was faced with some doubt, some anxiety, some fear, it's like, how can we flip it and, and find some kind of nugget, find some kind of silver lining or some kind of positivity out of it? Uh, because again, like I, I have always believed that as long as we have some air in our lungs to be in our chest, like you said, just waking up like that, like that gives us an opportunity to fight. It gives us an opportunity to, to change that outcome. I think where we get discouraged and often where we hit a wall is when we're so focused on the result aspect, when it's like, look, we're not always gonna win every single time, but there can be a learning opportunity from there. There can be a future adjustment from there that like, helps us when we go to that next battle and that next problem.

Corey Andrew Powell ([10:55](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([10:56](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

And so I've all, you know, I, I try so hard to, you know, I have my bad days. We all do. But it's like, can I find, you know, something that like flips the switch?

Corey Andrew Powell ([11:07](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Connor McKemey ([11:08](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Could it be a song? Could it be a conversation with a loved one? Could it be reading an article, listening to a podcast? Like there's so many various types of media and, and human interactions that we can do that can completely just change in a positive way. And, uh, for me, yeah, I'm gonna look at a cup as half full, you know, more than half empty.

Corey Andrew Powell ([11:26](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([11:26](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

I'm always gonna try to find, you know, the brighter side of life. But, uh, again, those are the battles that we have to face. And some are easier than others, but by just changing our perspective by a degree, um, and, and trying to sometimes take a step back and look at the picture and try to focus on, again, what can I control versus what is happening to me that's outta my control?

Corey Andrew Powell ([11:45](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([11:46](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Then, then that's the start. And that's the start to change. And, and for me, I always try to say my messages and what I speak on is being a positive, but a productive person. Like, I want stuff to be actionable. Uh, I want, you know, to see and have people look at the situations and make that change for themselves in a positive way that ends up being productive in the long run.

Corey Andrew Powell ([12:11](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Wow. You know, when I hear you say those words, those words as well are something I've heard from successful people who've overcome not just like a normal adversity, like, you know, that we all maybe go through, but some really very specific things. And one of them was a woman named Jennifer Kaufman, who was a survivor of the, the Boston, uh, marathon bombing. And what you just said reminds me of something that she said, because her whole life changed, and not in a negative way in the long run. She actually looks at this horrible incident now as a gift that gave her things that she might not have had otherwise. So she says, things that you think are happening to you sometimes are actually happening for you. And, um, you know, it's, it have that sort of same ring to it. And, and, and with that, I wanna ask you, I know when it comes to the residuals of what happened in your case, there's, you know, you have scars that you view as a symbol of survival, and you see them as such now. So can you share, like, what shifted your perspective and embrace something that was negative at, into, Hey, this is part of my brand, my story, who I am.

Connor McKemey ([13:13](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

<laugh>. Yeah. I mean, uh, so, so for me, it, like, I can relate to her story and the fact that early on, I probably wouldn't have viewed what happened to me as like, the best thing ever.

Corey Andrew Powell ([13:26](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Right.

Connor McKemey ([13:27](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

And, and in so many ways, this has given me and opened up doors in my life and given me a perspective on life that I would've never had before. And I think that's where we see eye to eye as far as the scarring goes, like in so many different ways, I probably have it a lot easier than so many other people out there.

Corey Andrew Powell ([13:44](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([13:45](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

You can see me and, and see the visible scarring on me, and know that, look, he's been through something traumatic. And, and for me, I flip that on, on its head and I try to walk around with a smile and spreading positivity. So when you see that, you know, you, you, you, it, it helps you. But everybody's dealing with battles internally that they can't see.

Corey Andrew Powell ([14:04](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

That's right.

Connor McKemey ([14:04](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

And some of the happiest people in the world, like are struggling deeply inside. And so for me to have an opportunity to stand up on stage, or stand up on forums, or be on an, you know, podcast like this and say, like, my scars aren't what define me, but it tells a journey. And, and if you use it as a symbol of strength instead of a symbol of weakness and understand, look, we're all battling some something visible or internal. And, and when you approach life with that perspective, you're gonna be a lot more appreciative of people. You're gonna start approaching people with a little bit more kindness and a little bit more warmth, because I'm not trying to pile onto some of these, you know, stuff. I don't know what's going on in, in everybody's head and everybody's heart.

Corey Andrew Powell ([14:46](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([14:46](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

But like, I want to try to help.

Corey Andrew Powell ([14:47](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah.

Connor McKemey ([14:48](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

And if by just walking around and spreading some positivity and warmth is going to put a smile on somebody's face, and like, that's what I want to do. And that's all I've ever wanted to do. And I'm incredibly lucky to be here and share a message. And, you know, until till you know, my time is up here. Like, I wanna continue to spread a positive message and understand that look like we, we are all incredibly special people in our own way, but our scars don't define us. My scars don't define me. Um.

Corey Andrew Powell ([15:16](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([15:16](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

But, you know, again, when we're together, when we're using this unit unity, and we start focusing on what we can do to build each other up instead of break each other down, you know, it makes life easier for everyone.

Corey Andrew Powell ([15:29](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah. And also, again, those kinds of, um, words of advice, actually, again, they really help or they should help the public 'cause I, I, nine times outta 10, again, it's the public reacting to people they see who look different. It's the public, you know, trying to explain to a child who may not be the most, um, you know, sort of, um, uh, not obvious when he's asking mommy, what's wrong with why that person walks this way? Or, you know, and we don't know how to explain it. And so instead we sort of like, you know, don't, don't talk. Don't look over there. And, you know, and that's not what a person wants. They want to actually say, Hey, uh, that's just, I'm normal. How about you? How you doing today? <laugh>? You know?

Connor McKemey ([16:07](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([16:08](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah.

Connor McKemey ([16:08](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah. I mean, I, I listen like I, especially with what I do, traveling and being in, you know, airports and public places, like of course you're gonna get stares. You're gonna have people look at you. You're gonna even have people come up and ask like, Hey, what happened?

Corey Andrew Powell ([16:19](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([16:20](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Uh, and that's why for me, like I try so hard, no matter what mood I'm in, it's like, look, put your shoulders back, puff out your chest a little bit. Put a smile on and let people know when they're staring at you. Like you're okay. Because I am, I got a great group of friends. I got a great family. You know, I have, I have a lot of things in my life that, uh, I I'm incredibly blessed for. And so I shouldn't feel ashamed of, of the way that I look. And I don't.

Corey Andrew Powell ([16:42](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([16:42](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

You know, I'm proud of who I am and what I've been through. And, uh, again, you know, <laugh>, I use this saying, I use it in my, uh, in my speeches, but it's like, it's, it's viewing yourself as the hottest person in the room. Like, my mindset is like, there's, unless I'm in a, like a burn survivor community, and there's somebody burned 90% or more, like I am actually the hottest dude there. Like, nobody's been in the flame longer. No, nobody's as hot. You know what I'm saying? Like, I actually pro, you know, I am. And so when you have that like ch again, change of perspective and, and it's like, look, like be proud of who you are, man. What, what, what you you are is unique and like, you shouldn't be trying to compare yourself to anybody else.

Corey Andrew Powell ([17:24](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Right.

Connor McKemey ([17:24](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

I have a blessing because I don't get to Right. Like, I am who I am and I know I stand out, but like, instead of that being a curse, it's a, it's a blessing.

Corey Andrew Powell ([17:32](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([17:33](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Like that gives me the ability to, to put smiles on people's faces, make people change, you know, hopefully for the better. And, and like, yeah, it's the best thing. It's probably one of the best things about me.

Corey Andrew Powell ([17:43](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah. Well, that's awesome. And it's, you know, again, similarities. The gentleman who I mentioned who had the cancer, he says he goes swimming, and he'll see a little child at the pool, and the little boy will very loudly just yell, mommy, that man has one leg. And he'll come up for air and go, but I have perfect hearing though. My ears are fine, <laugh> <laugh>. And then he'll go over and it breaks the ice. And, you know, the kid can say What happened to your leg? But, you know, you're right. It's, um, it's, and I think that's a lesson too for all of us, no matter what we're doing, what we're going through, how we make others feel is also sort of, to a degree, our responsibility as well. We have to take some responsibility for that too, and how we react to things. People are curious. And so, you know, trying to remember that and not maybe be angry, but it's all in people's approach too. So, like you said, they, some people walk up to you and they want to ask you, and there's gotta be a respect there as well from the public when they ask people what you've been through. And so it's a balance between both parties, hopefully conversations like this.

Connor McKemey ([18:43](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([18:44](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Help us navigate that a little better.

Connor McKemey ([18:46](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

I mean, a hundred percent. And look, I'm always going to be appreciative of somebody coming up because I know it's hard. Like, I don't know if I was in their shoes, if I would do the same thing.

Corey Andrew Powell ([18:57](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([18:57](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

You know, but instead of having people stare at you or, or, um, you know, any of that, it's like, it at least starts a conversation and then that helps get the ball rolling. And sometimes you make some great relationships that way.

Corey Andrew Powell ([19:10](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Connor McKemey ([19:11](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

By just like, running into somebody or meeting somebody randomly.

Corey Andrew Powell ([19:13](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah, absolutely. Well, you know, we've spent enough, enough time, I guess, talking about that part of your life. I would love to talk about the division one college lacrosse, uh, and the role that's played in your life and continues to play in your life. So you, uh, began to play Division one college lacrosse, and that's an incredible achievement considering where you had been from the accident. So now you're a coach as well of an elite university team. So how does that, those experiences relate to when you're dealing with your, your players?

Connor McKemey ([19:46](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

So I actually, I used, I used to coach, I, I, I played and coach at the university for a long, long time now, uh, with my business mentality and speaking like that has been my, that's your main thing. My, my main, my main thing. But like, so much of what I talk about the leadership development, the, the way we handle, you know, growing up and dealing with young adolescent, you know, athletes and, and human beings, like all of these things I learned from being a part of the High Point University and, and the program with Coach Thorpe, like, it, it was almost reaffirming everything that I believed in that like, helped me get to where I wanted to go. I walk in there and it's like quotes about getting better every day and, you know, never taking things for granted and being excited to be there. Like, all these things were just so in line with who I was and what I believed in. And then I got to see over the course of eight years, like how it affected perfectly able kids that, you know, again, have so many other things going on in their lives that you don't even get to see on the surface. You know, kids dealing with losing family members and, you know, brothers and sisters and moms and dads, you know, all like, what happens and it's sad and, and you watch these kids grow up at from 18 who they didn't know where they wanted to go or what they were gonna do. And then when they leave there, 22, 23, um, you know, as young men or young professionals, like taking that next step, uh, that's what really fueled me to want to go and do what I do now.

Corey Andrew Powell ([21:12](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([21:13](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Like, like seeing the impact we had. I loved being on the sidelines and, and, you know, winning games and, and being a part of upsets and championships. Like yeah, that's one of the best things about sports. But watching the development of kids, you know, over three, four years and, and like the impact that you get to have on them, you know, at that time in their lives when a lot of 'em, it's the first time they left from home. I mean, I remember it, you know, the same thing for me. Like, I'd been in this community for my whole life and, and, and I go to this new school not knowing a lot of people and just like how they embraced me. It was stuff that I wanted to carry on and continue to do.

Corey Andrew Powell ([21:47](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([21:47](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

And, and, and again, I knew how important it was to have community. I've talked, I talked about it at the very beginning, and like, that's what I've always wanted to continue to build and pass on. Like, I know how important it is to have strength in numbers, to have people that you can rely on, on your worst of times. And, uh, that place has always given me that and continues to gimme that. And like, it, you know, again, I owe so much to what I do, uh, from my experiences of being on the sidelines, getting my butt kicked, you know, like all, like winning and losing, like all those things help you grow. And, uh, man, it's, it's one of the most special places. And it was really, really hard for me to walk away when, when, when I did. But I know, like what I do now, um, being able to talk to the youth, you know, primarily I talk to high schools, middle schools, colleges, um, like you hope you have an impact, but like, you get to provide a message that you wish you had, you know?

Corey Andrew Powell ([22:45](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([22:46](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

And I think to me that's like the most special thing is like, I'm taking all these little tidbits of information and life lessons that I got from coaches, from parents, from, you know, all these people in my life. And like, I'm just passing along their stories. And, you know, with my platform, I, I have the ability to do that. And it's so special to me. 'cause it's not just like my thoughts and my dreams, right? It's all these people intertwine that like, help me become who I am. Like I'm sharing their same beliefs and stories as well.

Corey Andrew Powell ([23:16](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Hmm. Um, so that made me wanna randomly just ask you, did you watch Ted Lasso?

Connor McKemey ([23:21](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Oh, like, hold on, let me grab, I don't know if you have video, if we do video, but I have Ted Las Ted Lasso on my, on my, uh, my little stand. Yes, absolutely.

Corey Andrew Powell ([23:34](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

That, that's absolutely. You just, you just gave a Ted lasso speech, just so you know. My friend and I was like glued to every word. So that's why I figured you must have been a Ted Lasso fan. It's a great show.

Connor McKemey ([23:45](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Absolutely. Oh, it's, it's so good. <laugh>. It's so funny. Yeah. I, I talk about it like, and I use his stuff in my speeches.

Corey Andrew Powell ([23:51](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([23:52](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Exactly. You know, it's so in line with what I believe. And, um, I mean, not to go too far off track, but like the last, you know, he talks so much about belief in that show, and, and when we were talking earlier about like the catalyst, the stuff that made the most, you know, changes in my life and allowed me to approach it was having belief, right?

Corey Andrew Powell ([24:13](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([24:13](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Like, even at the lowest points and the smallest doses, it was like just having a little bit of belief and hope, uh, like kept me going. And I know how important it's to keep that going in, in, in all of us. And so, uh, yeah, when I watched that show, I was like, this is gold to me.

Corey Andrew Powell ([24:30](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah.

Connor McKemey ([24:30](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

This is gold.

Corey Andrew Powell ([24:31](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah. It's amazing. And I'm not really a really a big sports person, so I had avoided the show for a long time because I didn't know, you know, I kept hearing about this show, oh, it's a show about, you know, British football. I'm like, well, that's pretty much not my thing. So I sat, I was like, this is not what this show is about at all, really, if you think about it.

Connor McKemey ([24:47](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Right. No,

Corey Andrew Powell ([24:48](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Uh, well that's a great, I love that you make that correlation, and that's a great segue as well when you talk about strength and, and courage from the sidelines. Because I know that when you do your talks and you do talk to young people and everyone, but not just young people, but you know, corporations or individuals, the messages that you leave about strength and courage, they resonate with the audiences long after. So I do wonder, do you have any sort of one encounter maybe that was like a particular feedback that someone came to you and you know, who, you know, you really did change their life and made a big impact?

Connor McKemey ([25:23](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Yeah, so, so, uh, this one actually happened last fall. And this one has like always stuck with me and I continue, uh, to try to share this because it, it was the cool, like probably the most powerful thing about, of what I have done. And so I was doing, uh, I was talking to all the freshmen at High Point University. They're se you know, they do this big president seminar, and so you get to go up there and it was, it's been cool for me 'cause I was one of those kids sitting in there as a freshman watching, you know, Dr. Cobain and all these speakers do their thing.

Corey Andrew Powell ([25:52](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Connor McKemey ([25:53](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

I never thought I would be up on that stage, but I get to go up there and I get to do my thing. And at the end, you know, you have kids come up to you and, and, and, you know, just thank you or shake your hand or whatever. And I had this young lady come up and just say, Hey, like, I want you to know, you know, she was in tears. She's like, I've been struggling for a long, long time, and like, I've been on the brink of, of, of, you know, ending things. And she was like, today helped me realize like how much more my life is worth. And like, I, I mean, it brought me to tears because like that's what you, you know, what you want to do, right? Like, I got into this industry to not try to, you know, make millions of dollars and sell tons of books and like, you know, make a business out of it was like, I want to change lives. I want to be a positive impact on other people. And, um, you know, my message has always been, if I can impact one person in every crowd I go to, or anytime somebody listens to an article, or I mean a podcast or reads an article, if it changes and impacts one life, then we're doing what we're supposed to be doing. And, and, and to have her say that and to now, you know, stay in contact and know that like she's doing well and she's, she's kicking butt in, in, in, you know, living her life to the fullest like that, you know, again, you can't put that in, in, in words really, other than just how much it meant to me to know that like, we're on the right path. We're doing the right thing.

Corey Andrew Powell ([27:16](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

We're really happy for you here. And again, we're happy that you shared your story with us today because one of the main things we always try to push is that we all can overcome things if we have the right mindset, the right community around us. And you've reaffirmed all those points today. So we appreciate you being here today, Mr, Connor McKemey, thank you so much for being here today on Motivational Mondays.

Connor McKemey ([27:38](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Thank you so much, Corey. I appreciate being a part of it.

Corey Andrew Powell ([27:42](https://www.temi.com/editor/t/Vr1HMbJO1o26j27KbcfZg1yk8mvVr7h2QcW3biWbCZvtD3RfczH0ew1rk1hD7XDCimuumG2dkihIchLJcRGEp-ILVLU?loadFrom=DocumentDeeplink)):

Thank you for listening to Motivational Mondays, presented by the National Society of Leadership and Success, and available wherever you listen to your favorite podcasts. I'm Corey Andrew Powell, and I'll see you again here next week.