



ARCH Support

Getting Over the Hump
Getting Through a Slump
Flattening the Curve

Wednesday's Tip Sheet: Steps pros took to get through a challenging time in life.

Special Note: Some folks prefer *listening* to stories instead of *reading*. So, this week we feature some favorite podcasts from pros in the industry. Stories from three colleagues who faced amazing challenges and how they got over the hump, through a slump and flattened their own personal curve.

Check out these podcasts about:

- overcoming anxiety
- unemployment
- a health crisis

FEATURED PRO PODCASTS:

The GoGedders Podcast: A podcast for and about risk-takers—people who aren't afraid to make it happen and go get it.

Episode 98 Featuring Richie Burke: Overcoming Anxiety Day-by-Day

<https://ggmm.io/podcast/overcoming-anxiety-day-by-day->

Journeyman "Moments" Podcast: Digestible Episodes of Events That Define Our Lives

Featuring: Rick Carlson, Talent Acquisition/HR Pro at Common Ground Healthcare

<https://anchor.fm/helium-books/episodes/Moments--Rick-Carlson---Recession-of-09-eccfja>

PegLeg Podcasts: Stories with a Limp by Greg Marshall - True stories about mistakes, missteps and inspiring encounters that change the trajectory of life.

Episode 2: The Low Point – The Best Stories Have the Most Intense Low Points

<https://www.iheart.com/podcast/269-the-pegleg-podcast-stories-60538807/>