



JIM HARSHAW.net

You Can't Get Pinned When You're on Top

Wrestling with Greatness Podcast

Action Plan Episode #34

John Bardis

John Bardis is the founder and former CEO of MedAssets, an Atlanta based healthcare technology company. While I'd heard John's name over the years, I learned more about him when I read an article about him in the Wall Street Journal a couple years back where he talked about how wrestling gave him many of the tools necessary for success. A few months back, Ohio State head wrestling coach Tom Ryan recommended him as a prospective guest. So here we are. A little background on John. He wrestled at the University of Arizona and went on to be an alternate on the 1976 Olympic team. He's served 12 years on the board of USA Wrestling and has been inducted into the National Wrestling Hall of Fame.

On daily habits: "I have to have a routine that keeps me physically fit in a way that allows my mind to be sharp. Staying healthy and working out everyday to make a difference in how I feel emotionally and mentally and physically.

"Spending time alone in talking to God has been very important. And to study His word and to understand his purpose in my life.

"I have to be engaged in some part of my day in thinking and acting upon the notion of service."

On failure: "There are setbacks oftentimes before you get anywhere near progress. There are going to be setbacks before you achieve any goals that are substantial. Wrestling was critical in understanding how you turn pain into progress."

"When I'm in the midst of it it certainly for me has been critical to establish a new way of not only thinking but of acting. And some of that has had to do with being

more empathetic and sensitive to those who are in the midst of some kind of failure that need help."

On wrestling: "One thing that wrestling gave me was a great deal of confidence that I could take more pain and work harder than anybody."

"Wrestlers are uniquely capable of helping other humans beings. If you know wrestlers, you know that they don't run from the firefight. They run to the problem. It's the nature of how they're trained and how they think about who they are."

Quotes:

"Culture and values trump strategy."

"Suffice it to say that if you've wrestled, you've suffered."

Books:

Freedom's Forge by Arthur Herman

The Answer by Randy Pope

Website:

HireHeroesUSA: <https://www.hireheroesusa.org/>