



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #154

Eric Kapitulik

From Ironman, Everest and Afghanistan to MBA, CEO and Entrepreneur.

Born and raised in Thompson, CT, Eric Kapitulik attended at the US Naval Academy, where he was a four-year varsity letter player on the Division I Lacrosse team.

Graduating in 1995, Eric went on to serve in the US Marine Corps as both an Infantry Officer and Special Operations Officer with 1st Force Reconnaissance Company, 1st Marine Division. As a Platoon Commander, Eric led a team of 20 covert operations specialists on numerous Special Forces-related missions, including long-range reconnaissance patrols, hostage rescues, high-altitude jump exercises, ship takeovers and gas-oil platform takedowns.

In 1999, during a routine training mission, Eric and his platoon were in a helicopter crash that resulted in the death of seven Marines. In response to this tragedy, Eric created the Force Reconnaissance Scholarship Fund to benefit the children of his fallen men. In order to raise money for the fund, he has participated in eight Ironman Triathlons, The Canadian Death Race Ultramarathon, The Eco Challenge, and The American Birkebeiner Ski Marathon. Eric has also summited five of the Seven Summits including Mount Everest.

Eric left active duty after eight years of service and received his MBA from the University of Chicago.

He founded The Program in 2008 with the goal of providing both athletic and corporate teams with the best leadership development and team building services in the country.

Quotes

"We have one mission at The Program; develop better leaders and more cohesive teams." (4:00)

"Demanding the highest standards out of each other as teammates challenges us and forces us to get better." (22:50)

"We're all a sum of our experiences." [36:45]

"Whether you're a corporate entity or an athletic team, who we are and what we do, we prepare the children or we prepare our clients for the path, not the path for the client." [52:16]

About the Comfort Zone [06:25-07:32]

"The truth is that we live in an affluent enough society that we really can get away with living inside of our comfort zone, doing only those things that we happen to have a natural talent with. The truth is we can be pretty well off in life, make enough money to afford a house, put food on the table and support our families. In our vernacular at the program, we talk about that as 'winning games.' You can stay inside your comfort zone as long as you have enough talent, and win games. But to compete for championships on whatever your chosen battlefield may be, we've got to get comfortable being uncomfortable. We must challenge ourselves. In the affluent society we live here in America, we're fortunate enough to live in that society. You have to seek out opportunities to challenge yourself physically and mentally outside your comfort zone to grow as an individual and as a team."

About the Phrase 'Kids These Days' (20:37 – 21:38)

"I always highlight to everybody to whom we speak, 'You will never hear myself or anybody at the program talk about kids these days.' Just saying that term, people are just expecting some negative connotation after it. It's our belief that kids these days are no different than they were 20 years ago, 40 years ago or 400 years ago. Who's different is us. Parents are different. Coaches are different. Teachers are different. Business leaders are different. It's not the kids these days. I bring that up now just because you show me somebody who's a successful team leader or teammate on an athletic team, I'll show you a successful team leader or teammate on a corporate team, or vice versa. The challenges that our young people are faced with, they're the same ones our parents faced with."

About the If/Then Statement (47:03)

"It is a constant battle for me with making small, good decisions with nutrition, with what I eat and what I drink. I fail, and then I just get up and do the 'If I fail, well, tomorrow is another day for me to try not to.' If/then statement. I failed at it today. Tomorrow I've got another opportunity to make better choices."

Eric Kapitulik Interview

<https://www.youtube.com/watch?v=3ni1xc-RRnY>

Episodes Referred

Jim Harshaw: <http://jimharshawjr.com/150/>

Website and Social

Website: <http://www.theprogram.org>

Twitter: <https://twitter.com/erickapitulik>