



# Rich LaMonica

Motivational Speaker, Author, and Army Veteran

**Key Focus: Help veterans find their voice.**

Rich LaMonica is a 22-year veteran of the United States Army who was deployed on multiple occasions in support of the Global War on Terrorism. It was during this career he evolved as a leader of people. His education came from great mentors who showed him how to take care of people. He retired in 2015 and went through an entire year of self-reflection as he transitioned to civilian life again. Those 365 days from retiring to finding a job taught him valuable lessons about transition. This has powered his drive to help other veterans as they go through the transition and any other roadblocks they are hitting.

He is a Motivated Speaker who discusses Mindset, Resilience, Grit, and more skills that will make you find your Purpose no matter the journey you have been on.

He is currently finishing up two books while pursuing a Ph.D from Liberty University in Homeland Security.

He lives by rules and has a motto that resonates with fans of How I met Your Mother “Challenge Accepted”.

He is the Executive Producer and host of The MisFitNation Podcast

If you are looking for a great guest for your show, look no further, Rich LaMonica is your best choice.

If you have questions reach out to him: [Richlamonica101@gmail.com](mailto:Richlamonica101@gmail.com)

## SUGGESTED INTRODUCTION:

Rich LaMonica is an Army Veteran who realized having a purpose in life is the best way to live. He is a life learner and is pursuing his Doctorate from Liberty University in Homeland Security. He started the MisFitNation Podcast as a way to help veterans find their voice by telling their stories along with bringing in experts who are willing to share tips with veterans on how to be successful through their actions.

## INTERVIEW TOPICS

- Military Transition
- Veterans Issues (Homelessness, Unemployment/Under-employment, Suicide)
- Why you need to be LinkedIn
- Getting out of your own way
- Resilience



*Many times, podcasts will focus their subject matter on one particular part of life and business. The MisFitNation has a focus... you~! As a business and ministry coach who specializes in leadership, I was invited to be a guest because every person leads in some form/capacity. The podcast is conversational. If you are getting podcasted out or are looking for an all in one type podcast, this is the perfect Podcast for you.*

Ioannis (Yani) Gratsinopoulos

## CONNECT WITH RICH

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