Nay’s transcript (2nd video) download link here: [Click here to view it.](http://j52u62lynvcdotrwmjic4rbuk5gwyq2yizxfs4st.ustudiopages.com/UB1xagrmceK5?suid=4ca88a289b71487a8e04600acf99008b)

00:00:00.030 --> 00:00:03.130

I take a lot of courses, either through online

00:00:03.130 --> 00:00:06.220

training or through, I'm in an executive MBA

00:00:06.220 --> 00:00:09.470

program right now. So, one of the things I started doing

00:00:09.470 --> 00:00:12.380

awhile ago, was whenever I learn something new

00:00:12.380 --> 00:00:15.080

in any of the courses I've taken or from my

00:00:15.420 --> 00:00:18.760

MBA program that I'm currently working on, I would bring back

00:00:19.290 --> 00:00:21.510

lessons I learned, condense them into a one

00:00:21.510 --> 00:00:24.790

hour format, and I host these lunchtime training sessions

00:00:24.790 --> 00:00:27.680

regularly, approximately once a month or

00:00:27.680 --> 00:00:30.880

more frequent as needed, and I also take

00:00:30.880 --> 00:00:33.760

into not only from what I learned classes, but what I learned just by

00:00:33.760 --> 00:00:36.800

doing my job. I also tried to make sure that my

00:00:36.800 --> 00:00:40.010

team benefits from my self-development as well.