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SUGGESTED INTERVIEW QUESTIONS FOR DR. JANN FREED

ON LEADERSHIP AND LEGACY

- What does it mean to leave a leadership legacy, and why is it important?
- Can you explain your concept of the “breadcrumb legacy” and how leaders can apply it in everyday life?
- What are some common leadership blind spots that you’ve seen in your coaching work?
- How do you help leaders shift from success to significance?
- You often talk about the importance of being “present over perfect.” How does that apply to leadership?

ON PURPOSE AND MEANINGFUL WORK

- What sparked your interest in helping people find purpose in their careers and lives?
- How can professionals at any stage of life start rediscovering or redefining their purpose?
- Why do so many people struggle with “what’s next?” after a successful career?
- Can you share a story where someone found new meaning through your coaching process?

ON AGING AND MINDFUL TRANSITIONS

- You use the phrase “mindful aging”—what does that mean to you?
- What do people often misunderstand about aging and retirement?
- How can people plan for a meaningful “third act” in life?
- What role does mentoring and storytelling play in aging well?

ON CAREER, COACHING, AND SPEAKING

- How does your background in higher education inform your work today?
- What are the biggest challenges professionals face today when it comes to leading a meaningful life?
- What’s one piece of advice you find yourself giving clients over and over again?
- What can audiences expect when they attend one of your talks or workshops?