‘Thirty Minute Mentors’ Celebrates 350th Episode With General CQ Brown, Jr.

Leadership expert Adam Mendler marks milestone episode with former Chairman of the Joint Chiefs of Staff

LOS ANGELES, CA, UNITED STATES, September 22, 2026 /EINPresswire.com/ -- “Thirty Minute Mentors,” the business and leadership podcast hosted by nationally recognized leadership expert Adam Mendler, is celebrating its 350th episode with a conversation featuring retired four-star General CQ Brown, Jr., former Chairman of the Joint Chiefs of Staff.

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> *Adam Mendler*

Since launching in 2020, “Thirty Minute Mentors” has given listeners access to the experiences and insights of many of America’s most accomplished leaders. Across 350 episodes, Mendler has gone one-on-one with Fortune 500 CEOs, founders of household-name companies, elite athletes, military leaders, political leaders and other influential figures, exploring the lessons that shaped their careers and their advice for others looking to lead and perform at a higher level.

“I started Thirty Minute Mentors to give people access to the most successful leaders and their best insights and advice,” Mendler said. “Reaching 350 episodes is incredibly meaningful to me. Every conversation has given me the opportunity to learn something valuable and to share it with others. I’m deeply grateful to every guest who has shared their time and perspective with me, and to everyone who has listened along the way.”

The milestone episode features General CQ Brown, Jr., who served as the 21st Chairman of the Joint Chiefs of Staff, the nation’s highest-ranking military officer. Before becoming Chairman, Brown served as Chief of Staff of the U.S. Air Force, becoming the first African American to lead a branch of the United States Armed Forces.

During the episode, Brown shares lessons from his career and leadership journey with Mendler, including his perspectives on leadership, career success, approachability and relatability, crisis management, innovation, and building trust.

Mendler has interviewed more than 500 of America’s top leaders over the course of his career.

Through those conversations, he has studied the patterns that drive high-impact leadership and elite performance and translates those lessons for audiences through his podcast, keynote speaking, writing, and teaching.

Episode 350 of “Thirty Minute Mentors,” featuring General CQ Brown, Jr., is available today on all major podcast platforms.

About “Thirty Minute Mentors”
“Thirty Minute Mentors” is a top-rated business and leadership podcast created and hosted by Adam Mendler. Each episode features an in-depth conversation with one of America’s leading CEOs, founders, athletes, celebrities, political leaders or military leaders, focused on practical and actionable lessons on leadership, success and personal and professional growth. The podcast launched in 2020 and is available on all major podcast platforms.

About Adam Mendler
Adam Mendler is a nationally recognized authority on leadership, keynote speaker, educator and the creator and host of “Thirty Minute Mentors.” Mendler has interviewed more than 500 of America’s top leaders and uses the lessons and patterns from those conversations to help individuals and organizations elevate leadership and performance. He has authored more than 70 articles published in major media outlets, including Forbes, Inc., and HuffPost, and teaches graduate-level courses at UCLA.

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