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CIVIL ENGINEERING ACADEMY PODCAST

Hosted By Isaac Oakeson

CEA 86 - LEARNING FROM OUR MISTAKES WITH MARK GRABAN

Whether we fail our professional exam or make a mistake at our job, the key takeaway we should walk out with from these experiences is what we've learned from them. Even though some moments in every industry require a much more cautious approach than others, as our guest today says, "when we make small mistakes and we can be honest about them, that helps us prevent large, major, really bad mistakes."

Today's guest is [Mark Graban](#), an internationally recognized Lean management consultant, keynote speaker, and author of several award-winning books, such as [Lean Hospitals](#), [Healthcare Kaizen](#), [Practicing Lean](#), and [Measures of Success](#). He got his bachelor's degree in Industrial Engineering from Northwestern University and started his career working at General Motors as an Information Engineer on the factory floor. He then got the opportunity to pursue a dual master's degree in Mechanical Engineering and

Business Administration, which gave him a pretty good exposure to entrepreneurship. Only after moving to Texas with his wife was he able to land a job with a division of Johnson & Johnson that did consulting for healthcare organizations.

That's the moment his career started shifting from engineering work to a more management- and consulting-focused role, which led him to engage in more public speaking and presentations even though he scored a "heavy introvert" personality on his Myers-Briggs test. Since then, he has helped many companies in many different industries, including his 10-year relationship with a tech company called [KaiNexus](#) and his role as a subcontractor with [Value Capture](#), a consulting firm that is totally focused on applying lean methodologies to healthcare.

In addition to writing a [blog about Lean](#), he's the host of a podcast called [My Favorite Mistake](#), which features interviews with many successful people from different industries about their own

mistakes and what they learned from them, such as tech startup founders, TV celebrities, pro ballers, musicians, etc. Even though the reasons why he started his podcast vary, there's a particular story he recounts in the book Practicing Lean that has taught him a lot and was the driving force behind his initiative to start his podcast. He also goes on to differentiate the types of mistakes people can make as well as clearly explain that, even though making mistakes can teach us a lot and we should embrace it, there are also moments in every profession where we should be cautious and minimize risk as much as possible.

Regarding the FE/PE exams, Mark explains that every time we fail them, we should go back and start questioning why we've failed. Was it because you were overconfident in yourself and didn't put in the necessary amount of work? Or was it due to externalities that didn't allow you to focus and practice consistently? Regardless of what the reason may be, the key thing we need to do is ask ourselves what we can do differently the second, third, fourth time, whatever, instead of just using the same approach over and over again.

CEA Resources:

[Built Bar](#) - Use the code CIVAC to get 10% off

[PPI](#) - Use our discount code of CIVAC and our link to get 15% off of any book you order

Ultimate Civil PE Review Course - [Link](#)

Ultimate Civil FE Review Course - [Link](#)

[Civil Engineering Academy](#) - If you need exams, solved problems, or courses, make sure to check out our home base.

[CEA's Youtube Channel](#) - Check out our Youtube Channel for more content, live sessions, and much more!

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