VOL08 ISSUE04 | OCTOBER - DECEMBER | GGC 2025

RNI Title Code No. GUJENG/2018/78582

# PASSION VISTA

Luxury, Lifestyle & Business Magazine

ASIA | AFRICA | EUROPE | AMERICAS | UK | UAE | AUSTRALIA



*Feature Stories*

## THE GLOBAL GAME CHANGERS 2025

Fueled by vision and guided by resilience, these game changers push boundaries that once constrained possibility. With each breakthrough, they disrupt the status quo, create new standards, and inspire leaders across the world to pursue innovation that matters.

**BREAKING NORMAL**
Rewrite the Rules.

**POWER TO PIVOT**
Shift. Shape. Spark.

**CHANGE ENGINE**
Reinventing Possibilities

## COLONEL DEB LEWIS

**Mastering Stress, Inspiring Leaders**

ISSN 2583-7478

US $10 £8 ₹800

THE GLOBAL GAME CHANGERS 2025

# COLONEL DEB LEWIS

## Mastering Stress, Inspiring Leaders




When Colonel Deb Lewis stepped onto the historic grounds of the U.S. Military Academy at West Point in 1976, she wasn't just beginning an education. She was walking into history as part of the Academy's first class with women. The challenge was as clear as it was daunting: survive and succeed in an environment that had never been designed to welcome her. "Uniforms didn't fit, expectations were brutal, and the culture wasn't ready for change," she recalls. "But West Point taught us to choose the harder right over the easier wrong. That mindset has shaped everything I've done since."

Those early years demanded more than academic excellence. They required resilience, adaptability, and the courage to stand firm when every signal told her she didn't belong. It was a crucible that forged not only her professional discipline, but also her belief that challenges are opportunities in disguise.

Every obstacle became an invitation to rise higher, a lesson that would guide her through a groundbreaking military career. Over the next three decades, Deb rose through the ranks of the U.S. Army, often serving where the stakes and the stress were highest. She achieved the rank of Colonel in the U.S. Army Corps of Engineers—the highest rank reached by a woman in her specialty to this point, commanding three districts, including a $2.1 billion reconstruction command in combat. Her assignments were as varied as they were intense: leading disaster recovery, overseeing critical infrastructure in war zones, and managing large-scale engineering projects with lives and national interests at stake.



Her academic journey was equally distinguished. She earned her degree from West Point, later graduating from Harvard Business School, bringing a rare fusion of military precision and business acumen to her leadership style. She returned to West Point, this time as a mentor and educator, teaching Management Capstone and Problem-Solving courses to the next generation of leaders. Later she survived the 9/11 Pentagon attack while serving on the Joint Staff antiterrorism team. Each chapter reinforced her defining skill: transforming stress into a strategic advantage.

Deb's insight into stress was not theoretical. Years of high-stakes decision-making revealed a simple truth in environments where failure is not an option—stress is unavoidable. "In high-stakes

situations, you can't simply step away from stress," she explains. "The answer isn't avoidance, it's mastery." That conviction became the foundation for her Stress Intelligence Framework™, a practical, battle-tested system designed to help leaders think more clearly, act more decisively, and inspire others when it matters most.

After retiring from the Army, she channeled this mission into Mentally Tough Women, an organization dedicated to equipping leaders—particularly women—with tools to navigate and thrive under pressure. Her reach has been extraordinary: training more than 7,300 participants in 138 countries, from corporate executives and government officials to military officers and community leaders responding to crises. Her speaking engagements leave audiences not just inspired but equipped with strategies they can implement immediately to change their relationship with stress from a liability to a performance driver.

Her leadership style mirrors her philosophy. She begins by centering herself, setting the tone for those she leads. She ensures her teams understand not only what needs to be done, but why it matters, giving them the latitude to execute while remaining available for guidance. She is known for asking a deceptively simple question: "Your job is hard enough. What can I do to best support you?" This approach creates an environment where individuals feel both empowered and accountable, where high standards are met without sacrificing humanity.

Service remains at the core of her life. She serves on the Johns Hopkins University M.S. in Organizational Leadership Advisory Board and sits on nonprofit boards, including the International Foundation for Women's Empowerment. She has chaired the Hawaii Island Veterans Day Parade for more than a decade, ensuring veterans are honored and their stories preserved for future generations. Alongside her husband, LTC (Ret.) Doug Adams, she continues to inspire through shared adventures including their Duty, Honor, America Tour, in which Doug cycled 18,067 miles to all 50 states while Deb provided critical RV support.

Her message to others is grounded in both realism and optimism: life doesn't get easier; we get better. "Love of life and of others sets the foundation of all I teach," she says. "But like life and leadership, I consider love an extreme sport. Without preparation, skill, and practice, we can be crushed. My mission is to help heart-led leaders, especially women, 'Armor Up' with the skills and strategies to protect themselves and the most vulnerable because anything less undermines the future we're working for."

Away from the podium, Deb remains a student of life. She draws inspiration from travel, from conversations with people across cultures, and from the quiet reflection that follows intense service. She believes that leaders are at their best when they balance ambition with humility, and achievement with gratitude. To her, the measure of a leader is not in titles or accolades, but in the ability to leave people and places stronger and better than they were found.

**For Colonel Deb Lewis, every challenge is an opportunity to grow, every setback a chance to reset, and every moment under pressure a proving ground for the leader within. Her journey is a testament to the truth that with the right mindset and the right tools, stress can be transformed into a source of strength. In embodying this truth, she represents the spirit of the Global Game Changers leaders who don't just navigate the storm, but instead chart a course through it, inspiring others to follow.**

