

Interview Topics and Producer Sheets

Trauma, Grief, and Survival Topics:

- **Surviving Is Not the Same as Healing: What Two World Trade Center Attacks Taught Me About Trauma**
 - Patrick not only survived the 1993 World Trade Center bombing, he went on to lose his sister, Katie, on September 11, 2001.
 - There is a vast difference between escaping something physically and escaping it emotionally. After Patrick escaped in 1993, he had months of mysterious illness, panic attacks, and nightmares that led him to leave his financial trading career and move far away from where he was born and raised in New York.
 - Trauma can remain hidden beneath an outwardly successful life. Even after moving away, Patrick continued to deal with the grief and trauma of his own escape and then, eight years later, his sister's loss. All behind the scenes.
- **We Die Twice: Why Telling Stories Keeps the People We Love Alive**
 - Those we have lost aren't truly gone until their name is spoken for the last time. As long as we remember them, they are still with us.
 - Remembering, telling stories, and sharing memories can help grieving families preserve their loved one's presence.
 - Patrick experienced two significant moments of feeling his sister's presence with him, once on his 3,000-mile bicycle ride across the country.
- **What Forty-Four Days on a Bicycle Taught Me About Carrying Grief**
 - People often speak about "moving on" from loss. During Patrick's ride across America, he learned that grief is not something we leave behind. We learn how to carry it differently.
 - For Patrick, physical hardship, solitude, unexpected kindness, and the open road helped turn a cross-country bicycle ride into a pilgrimage through memory.
 - There is great value in assigning purpose to pain to get us through tough challenges.

Second-Act and Retirement Topics:

- **A One-Way Ticket at Sixty-Two: Reinventing Retirement Through Purposeful Adventure**
 - After retiring from a long career, Patrick bought a one-way plane ticket to San Diego and bicycled nearly 3,000 miles home to Florida.
 - Later life and retirement should not be viewed as a period of retreat. Instead, choosing a difficult and meaningful goal can create an entirely new sense of purpose.

Leadership Topics

- **Quiet Leadership: Why the Most Influential Person Is Not Always the One in Front**
 - Drawing on more than three decades in energy and finance, as well as his cross-country bicycle journey, Patrick will discuss the understated behaviors that define genuine leadership.
 - As he learned through his decades-long career, listening, consistency, humility, encouragement, and service influence people more deeply than titles, authority, or being the loudest voice in the room.