

Marshall Faulk on Resilience, Reinvention, and Choosing Discipline Over Comfort

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By Candace Dellacona

What happens when the role that defined you suddenly changes? NFL Hall of Famer, Super Bowl champion, and Southern University head football coach Marshall Faulk joins Candace Dellacona to discuss resilience, reinvention, and finding purpose after a major life transition.

Marshall shares candid lessons from life after the NFL, caring for his mother, raising children, mentoring young athletes, and learning to stay present through change. He also explains why adversity builds strength, discipline matters more than comfort, and giving children better opportunities does not mean removing every obstacle.

Whether you are caring for aging parents, raising children, changing careers, mentoring the next generation, or redefining your own identity, this conversation offers a practical and inspiring playbook for moving forward with purpose.

Follow Marshall Faulk on Instagram at <https://www.instagram.com/marshallfaulk>

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