



The banner features the 'play to potential' logo on the left. To its right are contact details: a WhatsApp icon with the number '+91 85914 52129*', a Twitter icon with '@PlayToPotential', and a globe icon with 'playtopotential.com'. Further right, under the heading 'Also available on:', are icons for Spotify, Apple Podcasts, and Google Podcasts. On the right side of the banner is a portrait of the host, Deepak Jayaraman, with the text 'Podcast Host' and his name 'Deepak Jayaraman' in a red box below it. At the bottom left of the banner, a small note reads: '*Just send us a Whatsapp with your name, number and email and we will add you to our distribution list.'

Context to the conversation

Ricardo shares his perspectives on playing to potential and speaks about how we all have the ability to connect to our deepest, wisest self and play to our infinite potential.

Transcription

Deepak Jayaraman (DJ): Lovely. On that note, Ricardo, this podcast is titled Play to Potential and one of the questions I ask the guests is, what does the term mean to them? So, what does play to potential mean to you?

Ricardo Sunderland (RS): I think the way that I answered last time, the play to potential is when we are able to connect to the deepest, wisest self in all of us. When we do, we have unlimited potential. We know, we feel, we love, we cry, we create beautiful things, terrible things and we become human where we are able to integrate all these four beautiful energies that we are born with, our mental, our physical, our emotional, and this sense of self that we are calling spirituality, then you can play to your full potential. Every human has a role, every human has a purpose. If every human was able to play to its full purpose, we will elevate consciousness in humanity in a way that that will be unstoppable.

Reflections from Deepak Jayaraman

DJ: Thank you for listening. If you want to tune into any of the specific themes that we touched upon here you can do that in the member section of the podcast. You can just go to Playtopotential.com and go to the curated playlist section and you will have themes like Authenticity, Self-awareness, Formative years, and so on where you have miniaturised content with insights from multiple speakers organised by these themes.

End of transcription

RELATED PLAYLISTS YOU MIGHT LIKE

In Summary – Playing to potential: This playlist captures the essence of what the speaker is trying to say in their conversation. In a way, it captures the key principles with which they have approached life which has brought them to where they are today. They share their perspectives on the mindset we need to adopt as we navigate through life. You can access the playlist [here](#).

SIGN UP TO OUR COMMUNICATION

Podcast Newsletter: Join 1000s of leaders who benefit from the Podcast newsletter. Not more than 1-2 emails a month including keeping you posted on the new content that comes up at the podcast. High on signal, low on noise. Sign up for the podcast newsletter [here](#).

Nuggets on Whatsapp: We also have a **Podcast Whatsapp distribution group (+91 85914 52129)** where we share 2-3 nuggets a week from the Podcast archives to provoke reflection. If that is of interest, please click [here](#) and send a message stating “INTERESTED”. Do also add this number to your Phone Contacts so that we can broadcast our messages to you when we share a nugget.

Ricardo Sunderland- Nuggets

- 103.01 Ricardo Sunderland - Leadership - Shaping context rather than setting direction
- 103.02 Ricardo Sunderland - 7 layers of the human energy field
- 103.03 Ricardo Sunderland - Tuning into our emotions
- 103.04 Ricardo Sunderland - Downside of professionalism
- 103.05 Ricardo Sunderland - The spiritual dimension
- 103.06 Ricardo Sunderland - Tuning into our purpose
- 103.07 Ricardo Sunderland - Role of breath in tuning into ourselves
- 103.08 Ricardo Sunderland - Tackling self-limiting beliefs
- 103.09 Ricardo Sunderland - Finding your rightful place in your family system
- 103.10 Ricardo Sunderland - Spiritual energy - The yeast in the bread of human energy
- 103.11 Ricardo Sunderland - In Summary - Playing to Potential

About Deepak Jayaraman

Deepak seeks to unlock the human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

Disclaimer and clarification of intent behind the transcripts

This written transcript of the conversation is being made available to make it easier for some people to digest the content in the podcast. Several listeners felt that the written format would be helpful. This may not make sense as an independent document. Very often spoken word does not necessarily read well. Several of the guests have published books and the language in their books might be quite different from the way they speak. We request the readers to appreciate that this

transcript is being offered as a service to derive greater value from the podcast content. We request you not to apply journalistic standards to this document.

This document is a transcription obtained through a third party/voice recognition software. There is no claim to accuracy on the content provided in this document, and occasional divergence from the audio file are to be expected. As a transcription, this is not a legal document in itself, and should not be considered binding to advice intelligence, but merely a convenience for reference.

The tags that are used to organize the nuggets in the podcast are evolving and work in progress. You might find that there could be a discrepancy between the nuggets as referenced here and in the actual podcast given this is a static document.

All rights reserved. No part of this document may be reproduced or transmitted in any form or by any means, or stored in any retrieval system of any nature without prior written permission.