

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 the handle '@PlayToPotential', and a globe icon with the website '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 Deepak Jayaraman' 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 nugget

Pramath talks about his perspectives on how people could play to their potential. He highlights how helping others realize their potential often leads to all kinds of benefits that often enable your success.

Transcription

Deepak Jayaraman (DJ): In conclusion, any summary themes you want to leave the listeners with for people to play to their potential?

Dr Pramath Sinha (PS): I have a bias to this and it may not be the be all and end all, but because you are talking about playing to potential. I think, there's something to be said about being very authentic about helping other people achieve their true potential. These are things that have been said a lot. The US Army has this thing about 'come be the best you can be' and so on. But, I think, if there is one thing you as a leader could focus on or you as an individual could focus on is making other people successful. Then in the process of doing that, a lot of benefits that flow out of that actually make you successful. It makes you understand yourself better. You figure out your purpose better. It doesn't seem connected, because it's like I am making somebody else successful. But that notion in itself is so powerful that it teaches a lot about yourself, what you are, what you want to do, or what you should do, and so on and so forth.

There was one thing that I've always felt people didn't value as much they are so focused on themselves. That, again, is one of those seeming contradictions, that if you actually focus on other people, you actually end up focusing on yourself. I don't mean this to be a very deep point. I actually mean it as simply as that. If you can just turn your focus on making others successful, then there's huge clarity that comes. Otherwise, you have to worry about 50 things and which of these 50 will really lead me. So, one liberating thought is, hey, don't worry about yourself, and just focus on making other people successful. And through that, a lot of those things that you were supposed to do, or those 49 other things that you were supposed to do, will get done. So, that's the one thing that I think, in summary, would be the big thing that I usually like to impress upon people in different ways.

Reflections from Deepak Jayaraman

DJ: I am reminded of the work of Adam Grant in his book - Give and Take. He makes a similar point about the role of Giving and helping others succeed and how people that have done that

thoughtfully and with authenticity have been able to achieve great outcomes. Thank you for listening. For more please visit playtopotential.com

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End of nugget transcription

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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](#).

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Dr. Pramath Sinha - Nuggets

- 14.00 Dr. Pramath Sinha - The Full Conversation
- 14.01 Dr. Pramath Sinha - Current portfolio of initiatives
- 14.02 Dr. Pramath Sinha - Consulting (McKinsey) as a career option
- 14.03 Dr. Pramath Sinha - Transitioning out of consulting (including views on entrepreneurship)
- 14.04 Dr. Pramath Sinha - Authentic leadership
- 14.05 Dr. Pramath Sinha - What consulting doesn't prepare you for
- 14.06 Dr. Pramath Sinha - Vedica Scholars Programme — Nurturing women leaders
- 14.07 Dr. Pramath Sinha - Educating ourselves (and link with leadership of the future)
- 14.08 Dr. Pramath Sinha - Building leadership capability in entrepreneurs
- 14.09 Dr. Pramath Sinha - Personal board of advisors
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- 14.11 Dr. Pramath Sinha - In Summary - Playing to Potential

About Deepak Jayaraman

Deepak seeks to unlock 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](#).

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