

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 a man in a suit and glasses, identified as 'Podcast Host Deepak Jayaraman'. At the bottom left, 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

Deepa talks about her pursuit of excellence led her from one place to another and eventually to a medal in the Olympics. She talks about the 68 National Gold and 21 International Medals including medals from Asian Games, Para Olympics, World Championships and Common Wealth Games.

Transcription

Deepak Jayaraman (DJ): When did this quest for the Olympic start?

Deepa Malik (DM): I think that was the habit of doing the job properly with full dedication and reaching the hundred percent mark because that is what we have been taught that a real person or a real hero is when you can do the task that you have under taken to the best of your capacity and to the highest level of performance so I guess when I turned to a biker I created a world record, when I become a rallyist in a car driver I created a world record, when I became a swimmer I created a world record, so if I had become a sports women and an athlete a thrower I could not end my journey without reaching a top-most sports arena and winning there. It's just a pursuit of excellence and excelling over excellence I think that is what the main reason maybe was.

DJ: I am also curious about the sport people pick to excel so off the various things whether it's swimming or let's say short put, how did you zero in on short put as the sport that you will compete in at the Olympics?

DM: You will be surprised beggars can't be choosers, so if I had to be at London Para Olympics in 2012 for which I was training I had to be a javelin thrower because that was the only event in my disability category in that particular area unfortunately I could not make it to London Para Olympics but since I was practicing it I created an Asian record which I still hold in javelin throw I became Asia ranking one and I picked up an Asian medal in 2014 in javelin throw becoming world number two in my category and I was very sure that's going to be javelin thereafter but to my horror and to my surprise in 2015 when the event list for Rio Para Olympics came out the only event I had in my category was shot put and again it will be surprised to know that the only even in my category in 2020 in Japan-Tokyo is going to be Discus, so we don't chose the only thing we chose is do we want to be at that level? Playing in this particular competition? If you want to do that you have to learn the skill and that has been the key I have always been willing to learn, I always say that even when I today go to the grounds I go there to learn to train in spite of having 68 national gold and 21 international medals including the ones from Asian games Para Olympics, world championships, common wealth games, I still say that I am going to learn.

Reflections from Deepak Jayaraman

DJ: Three things struck me here.

First, it was fascinating to hear Deepa talk about doing whatever she was doing to the best of her ability. Excellence often begins with the simplest of things that one undertakes and is a mindset with which we go about doing what we do.

Second is the point she makes about accepting what is beyond one's control. In Sports, we often are used to training for a particular sport. It was eye-opening to hear from her that you actually get to know what the sport in your category is for the next Olympics and then you start training for it. I like what she said here. It is not about whether you want to play that sport. It is whether you want to compete at the Olympics that are the question you ask yourself.

The Third is the point she makes about a learning mindset when she goes to the ground. In the world we live in, it is very easy to plateau once one reaches a certain level. The CEOs that keep rising are the ones that are open to input, seek feedback proactively and having a learning mindset as they go through their journeys.

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End of nugget transcription

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Deepa Malik - Nuggets

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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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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.

Podcast Transcript [32.06 Deepa Malik - Training for the Olympics](#)

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