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Context to the nugget

Deepa talks about her disciplined approach that enabled her to win the Silver Medal at the Rio Paralympics. She also talks about her frame of mind and personal context which gave her the fire to make the Silver Medal winning throw on that day.

Transcription

Deepak Jayaraman (DJ): What's been your approach to excellence?

Deepa Malik (DM): I think the dedicated focus, perseverance, continuous training, consistency is the key I guess with focus, I used to think that they are very clichéd, very stereo types dictionary terms which have been often used to form quotations, but you pick up any success story you will see there is a very strong element of self-belief, self-discipline, focus, dedicated consistent hard work because there is definitely no short cut to success, if you want to be the winner, you have to go through these words, when they are totally imbibed in your system.

DJ: Talk to us about how your mind worked before you're threw the silver medal winning throw?

DM: You will be very surprised the person who was throwing the throw there was not an athlete, it was a person who was struggling to clear her name because there was the accused of being dishonest, cheating into the selection trials I was dragged to the high court by a fellow competitor because there was the one slot for a women to represent India and I made it to that slot in the internal trial process but they said that I had cheated my way into it or I had bribed my way into it and coming from and entirely army background which is the uniform wearing people and being brought up in that very honest kind of a, dedicated kind of an environment it was a huge blow to my integrity and the hard work that I had put in at the age of 46 years going through menopause a time where I had to be actually sitting by my children and crafting their career I was, so dedicatedly, single minded struggling for representing India at the Para Olympics and the preparations were so strong that I knew I was going to get a medal home but these allegations became a different kind of a fire in me and when I was challenged that I am never going to be able to throw the distance with which I got qualified with the main selection so my whole focus was that if I have to repeat that performance, I repeated that performance in any case that I was in a medal position so it had become a two way journey as an athlete and as an individual who wanted to prove a point of integrity, the other thing was definitely I say that your preparations tell you where you stand and they will leave with the level of confidence, so if you have trained well and you have been able to retain the calmness in your mind, I had to learn to erase the outside noises I would probably get distracted with because there was the bigul blowing, people clapping there is a gunshot, because simultaneously a lot of events go on in the same arena you

have the start burst for races, you have people cheering so this is something that I had learn to block and I give a lot of credit to my mental trainers who worked on me.

Reflections from Deepak Jayaraman

DJ: Phrase Dedicated-Consistent Hard work reminded me of a distinction I came across recently. It was at the Farnam Street Blog run by Shane Parrish. He talks about the difference between Speed and Velocity. He says Speed is Distance divided by time, Velocity is Displacement by time. The key difference is that you could cover a lot of distance by spinning around in circles but not going anywhere. Displacement is about consistently making efforts in a certain direction and making them count. And when you add these baby steps over a period of time, suddenly these people start operating at a different level.

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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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