



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' and his name 'Deepak Jayaraman' in a red box below it. 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 what gives her the resilience to deal with difficult situations and how people can build that muscle. She talks about the criticality of moving from a “wallowing in the problem” mindset to a solutioning approach where you think about how you want to drive change and be the change.

Transcription

Deepak Jayaraman (DJ): What have you learnt about resilience?

Deepa Malik (DM): I think the biggest help that can come from in maintaining resilience or facing a particular situation is to automatically shift into the solution finding game rather than harping on the problem so that's what I do whenever I face challenge I immediately start looking for a solution how to go about it? And solution finding will again come back to learning, learning about the situation or I think in other words a challenge is change because you want to happen a thing in a certain way and it doesn't so which automatically says that there is a change, how good are you in adapting to a change, how flexible you are to quickly mould yourself into the situation I think that automatically sets the bar of your resilience, if you are rigid you are not adapting to the change you are not willing to learn about the change, you don't want to find the solution to tackle with the situation then where will the resilience come from? I think I am very quick to find solutions or alternatives so it I think goes back to the fact that, do you have the contingency planning? Which is think reflects the same as finding a solution.

Reflections from Deepak Jayaraman

DJ: It was fascinating to hear Deepa talk about adopting problem solving mindset whichever situation you are in. One movie that really brought this to life was the movie - The Martian by Riddle Scott starring Matt Damon. In the movie, Matt's character gets stranded in Mars and solves one problem at a time to stay alive and eventually come back to Earth.

Thank you for Listening. For more, please visit playtopotential.com. You might find the Curated Playlists section on the website relevant as I have tried to break things down into nuggets by theme. It might help you to get to the content that you might find relevant efficiently. If you find the content purposeful, please rate and review on iTunes. It will help others benefit from this content. Bye now.

End of nugget transcription

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Resilience: Research by Angela Lee Duckworth (of Wharton) talks about a special blend of passion and commitment that she calls Grit. Leaders from various fields (Armed Forces, Writing, Sport, Entrepreneurship and more) talk about their experiences in cultivating resilience. You can access the playlist [here](#).

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Deepa Malik - Nuggets

- 32.00 Deepa Malik - The Full Conversation
- 32.01 Deepa Malik - Early formative years
- 32.02 Deepa Malik - Dealing with two possible fatalities
- 32.03 Deepa Malik - Rebounding from a near-death event
- 32.04 Deepa Malik - Getting people comfortable with the context
- 32.05 Deepa Malik - Picking the first "mountain" to climb
- 32.06 Deepa Malik - Training for the Olympics
- 32.07 Deepa Malik - Perspectives on Excellence
- 32.08 Deepa Malik - Picking an effective Coach
- 32.09 Deepa Malik - Building resilience
- 32.10 Deepa Malik - About Wheeling Happiness Foundation
- 32.11 Deepa Malik - 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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