

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' 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

Ambi talks about some of the key choices he has made over his journey that has helped get to where he has. He also spends time talking about his curiosity (that led him to do a PhD when he was past his 50) and how it has helped him grow over a period of time. Referring to his latest book, he talks about the criticality of being a SPONGE and learn from around us as we move forward in our respective journeys.

Transcription

Deepak Jayaraman (DJ): What are the two three choices that you have made that have played a profound impact in your life that you would like to call out?

Ambi Parameswaran (AB): Talking about work, the choice I have made to go and do an MBA was a right call ok because I would not have be in a very happy doing chemical engineering, thermo dynamics and designing reactors, so I think that was a good call and I think the second call that I came back into advertising joining an agency Ulka which was shutting down was a very good call and I think I stayed the full hundred yards turned out to be very good and of course I am very fortunate that I have a family which is very very supportive, I couldn't have achieved any of this without my wife who is like huge peeler of support so I listen to, I mean she reads all the books I write, she reads all the articles I write and she is a bad so to speak critic and I think she keeps me on level and you need to surround yourself with the people who pull you down a few notches every other day and she does her fair share of that which I think is good, I am grateful for that.

DJ: How you have scaled up over time?

AB: So, you said be immodest so I will be immodest. I started teaching many years ago and one of the directors of one of the Bombay business school said I should do PhD and I ended up doing PhD, it turned out to be a good experience in itself, I did my PhD in 2008 or 9 I finished my PhD and I was 50+ but I did the part time PhD but I was lucky I got a decent guide, I got a decent topic, Bombay university PhD has its own complications so I managed to navigate all that but turned out to be a good experience then just when I had turned an advisor to the company I decided to go into AMP at Harvard 8 weeks, that was again a great experience, spending 8 weeks on campus with a really multi-cultural, multi country group of 180 people and that's kept me going and then when I was about to get my full time job I did my CFI certification which was again very useful so I think the fact that you tend to go back to class once in a while refreshes you every time. So, I have been lucky.

DJ: In Summary what's you advice to our listeners about how to play to potential.

AB: To play to your potential become a sponge is plug for my book as well, you will meet a lot of smart people on your journey learn to learn from every one of them. Every interaction, not as a selling interaction or buying interaction as a learning interaction and as you keep learning, as you keep going along you will become better and you will definitely play to your potential.

Reflections from Deepak Jayaraman

DJ: I couldn't underscore more the criticality of curiosity as a super-power, possibly more pronounced in the world we live in. The one book that had a profound influence on my thinking was Curious Mind by Brian Grazer, an American Producer who has made movies like A Beautiful Mind, Apollo 13 and so on. He talks about having curious conversations with a range of people and how that has influenced various domains of his life.

In a lot of ways, that book is the catalyst that got me to start this podcast series about 18 odd months back. The desire to have deep, authentic, reflective conversations with people and learn from their journeys and to share it so that others could benefit from it as well.

Thank you for listening. For more podcast content curated by theme, please visit playtopotential.com. To know more about the Coaching and Transition Advisory work I do, please visit transitioninsight.com

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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Ambi Parameswaran - 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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