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Context to the nugget

Paddy speaks about how he went on an internal journey over a period of time that gave him a deeper understanding of himself. He speaks about how he tried a range of things including mindfulness techniques, meditation, breath work and Yoga. He also speaks about how he attended several 2-3 day sessions including the Landmark Forum that gave him an opportunity to explore himself.

Transcription

Deepak Jayaraman (DJ): When you say that you went on that internal journey could you share how you did it was it with the help of somebody or was it through meditation just shed some light on how you have gone about developing deeper clarity on self?

Paddy Upton (PU): This probably is a whole lot of things that happened that don't recall now but some other things where I do remember a friend when I was probably 21 or 22 is all setting down with me at a restaurant and just completely out of the blue having a lunch. He made a comment that was quite hurtful at the time he said me "Paddy you realize that you are nowhere in life" and I was like hang on a minute I am playing really good representative Cricket, I am playing representative Rugby, I am getting University degree, I am healthy, I am very social person < I am very material in all regards as a university student very successful but he said to me he said yaa you are very successful but you are just going low you are drifting through life. And it upset at that time and I was aren't lot later that I realize that impact on the value of someone older than me giving me some very direct advice that although I was very talented at sports and I was intelligent enough to pass university fairly completely I wasn't really applying myself so that was one of the things that sparked for me and may be the advice would be you know if you are an elder and you see don't be scared to give even if you are somebody's friend and you see your friend drifting of path don't be scared to give them some direct feedback and similarly you have received some feedback it's difficult to here don't just dismiss it as I did when I was younger and then some other thing I did was really attend some personal some really good courses out there to begin the journey of personal mastery so either in books, there is an number of books it have been written at the moment a lot of self-help books and a lot of easily accessible once for me it was reading M. Scott Peck "The Road Less Travelled" which really got me sort of think a little bit more deeply about myself in my life and then just attending a few sort of two three day courses like the land mark forum I did in the when I was sort of my late 20s that was 3 days of getting me to best to get through I am as a person you know for men I am not sure if it's available India but there is a men kind project that I did when I was younger that also was a raw and vulnerable and honest look at what it is to be a man in the worlds today and those courses got me to be more reflective and the next

progression from there from me personally was things like I did you know I started doing a fair bit of breath work mediation and yoga was I found that was an important part to become more reflective and counter play but today again this access to so much in the while obviously... is very main stream in the world over all mediation has been around for a long time and sort of not the more modern day version we hear and lot of the and that works basis mindfulness and there are some many apps on cell phones now where you can you know do you need to find anything from a 3 to 15 minutes mindfulness exercise where someone guides you on a guided meditational mindfulness exercise on the phone and those are very valuable so if I think today compared to 20 years ago this just who have so much more access to tools to go and sharpen ourselves as the instrument in our lives through mindfulness, meditation, breath work, yoga. At the same time I went vegetarian for 4 years which really helps me to cleanse my system and I found that gave me more clarity of thought that gave me more energy, more vitality as a you know the meats that I was eating before then wasn't necessary organic free range healthy meat it was you know sort of unethically farms, battery chickens and farmed animals and I guess all of that that stuff there is so much junk in the food the drinks that we... that just creates noise in the body, noise in the mind, noise in the system and that just constantly take the edge of us being at our best

Reflections from Deepak Jayaraman

DJ: Couple of things occurred to me here. One is the point Paddy makes about a friend telling him at 21 or 22 that he was drifting and going nowhere. The reality is that we all have moments in time when water splashes on our face and shakes us. And this could come from anywhere. One of my earlier guests was Anu Madgavkar (AM), a Partner at the McKinsey Global Institute who spoke about her moment of epiphany during an interview

AM: "So my advice would be to talk to a few people I go back actually to the moment of epiphany that I had in a very unexpected place which was when I was being interviewed by one of the most senior partners in McKinsey 15 years ago when I was applying to join the firm and I have had a series of interviews which went fine and then this very senior partner was sitting there and he said, asked me a little bit about my career goals or something like that and I started telling him that how I enjoyed every aspect of my professional journey so far except this one particular phase and he stopped me there in my track and he just in a very penetrating way he said why did you not enjoyed that phase and sitting in that interview actually I went through a moment of complete self-awareness, I was not aware of this but because he asked me that pointed question I took a couple of minutes to think about it and then I came back and I said as I think about everything I discovered in that phase that I am not fundamentally a very competitive person I am much more a collaborative person and that situation demanded a level of competitive behaviour that I was not very comfortable with, which I was not aware of earlier so I think having that conversation with someone who provoked me to think was actually very helpful, not everyone provokes you to think but seek that out in your mentors or seek that out in your couple of close relationships that's all I would say, get to level of that conversation because that's what actually provokes you to reflect."

DJ: The other interesting element to note was Paddy speaking about the Landmark Forum. I did this a few years back as well and got a lot of value from it. The breakthroughs in the Forum often come in your blind spot. When I work with leaders who are at cross-roads at senior levels or around mid-life, I often find that the break-through come in their blind spot. When you reach out to the outside world and seek feedback, you sometimes hear things that are completely in the blind-spot and processing that insight can suddenly open up a new possibility. People are often in a rush to move from Context A to Context B. But the smart ones, pause, reflect, gather outside in feedback, try a

few different things and slowly create a new future for themselves rather than jumping onto the first obvious thing that comes to their mind.

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End of nugget transcription

Nugget from Anu Madgavkar that is referenced: [Navigating your career](#).

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Paddy Upton - Nuggets

- 48.00 Paddy Upton - The Full Conversation
- 48.01 Paddy Upton - Physical trainer to Leadership Coach
- 48.02 Paddy Upton - Going on an inner journey

- 48.03 Paddy Upton - Building trust with the Indian Cricket team
- 48.04 Paddy Upton - Setting goal-posts with the Indian Cricket team
- 48.05 Paddy Upton - Sachin Tendulkar and personal mastery
- 48.06 Paddy Upton - Gautam Gambhir and the straight drive
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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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