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Context to the nugget

Paddy speaks about cricketers zoom in on the moment at hand while at the same time zoom out and are situationally aware of where the game is poised. He speaks about the need for staying in the present (rather than dwelling in a past error or a future goal) for people to perform at the highest level.

Transcription

Deepak Jayaraman (DJ): How does one prepare one's mind in being able to zoom in and zoom out appropriately and in what ways is its different let's say in a T20 verse one day or a test cricket?

Paddy Upton (PU): I guess the foundation that understand is once you have the awareness of the fact of the mind and the sport does demand at times the mind to be narrowly focused on the task at hand so that when watching the bowl or bowler just watching the area that want to land the ball and also the focus can be very broad in terms of taking in the field placing and the score and the situation of the game and in a game of cricket for example and we can translate into any other context the mind does need to go from a very narrow focus at the task at hand when the bowler running up to bowl for example to between bowls relaxing and broadening that focus to be to take an hell lot more information. So one is to have the awareness that is naturally what happens when the player is in the zone or when things are working really well the next piece on top of that is having the moment by moment awareness of what is happening around me at the moment in the field and what is important now. So, when I sports man loses focus it's generally because they have lost the awareness so they have lost the mindfulness in that present moment mindfulness and their mind is drifted it got stuck in the past. The past that they can't let go off may be if just drop a fielding dropped a catch and he can't let go the fact he has dropped the catch or bowler bowl the bad ball he has hit for 4 and he running up to ball the next ball and he can't let go over the fact that he has disappointed and upsets about the previous delivery in that moment that athlete has lost perspective or they have lost focus or they have lost present moment awareness because their mind is stuck in the past similarly it happens that an athlete or anyone can have a mind stuck in the future worrying about something it might go wrong in the future or trying to premeditate a success or fast track to success which makes us impassion o premeditate or create a fear of failure or desperation to won or be the hero in that moment the mind is stuck in the future on the future it went actually needs to be focused on the present moment and what is required in this moment right now. So that's really the academies understand of one in a present moment how broadly or narrowly does the mind need to be focused and must importantly that things worked when we are fully present to what is unfolding in front of us right now which has given rise to in the corporate space in the world the concept and the popular notion of mindfulness and the mindfulness is really about bringing our mind and focus and attention acutely into the moment and into what is happening in an around be

now. When that happening and athletes or an individual even in our lives we have our best chance of being maximally effective and we lose our effectiveness when we are stuck in the past or when we are over focused and stuck in the future so the value of the past is really is to extract lesson and then to let it go the value of the future is to look into the future may be look at goals maybe look at scenario may be look at visions. Looking to the future what sort of the guiding lights see where I want to go use that understanding to be out in that circle so what do I need to do in order to get there and then we bring our focus and attention back fully into the present moment and that really is the theory of how to be most effective in sport or in life and when we it's much more difficult to actually execute because you know some listen to wisdom teachers who suggest that most human being spend upwards of 95% of awaking hours not present day dreaming about the future or suck in... and not be able to let go something that happened in the past and that's where exercise is like mindfulness like meditation like very intentional yoga for example like breath work is actually practice at being present and the more we practice it being present the more we are able to in the sport field for example remain present to what is happening and folding In front of us now.

Reflections from Deepak Jayaraman

DJ: If this topic is of interest, you might find my conversation with Rich Fernandez of Google. Rich Fernandez (RF) is the CEO of Search Inside Yourself Leadership Institute, an organization that has its roots in Google. When Google looked at how it could keep its employees focused and productive on a rocket ship they turned to topics such as mindfulness.

RF: "one thing that happen when you are in a hyper-growth company like Google that's trying to it has his validation goals is that life on a rocket ship can be difficult let's put it that way so stress level are high conflict can become exacerbated, you now all of the natural human challenges and emotions that we fell in the course of life and work are magnified in a situation which you have this kind of high growth, hyper growth company. I think at Google people were interested in finding solution to be resilient and remain agile and they started primarily at the neuroscience around this and one of the things that neuroscience started to point you as there is a way that you can train your brain way of a set of use of mental health habits to help promote focus and mental clarity and mental stability in the face of many challenges and the short hand term for this would be mindfulness using the skills of mindfulness. Now this is based on neuroscience the actual working of the different networks in your brain and one thing they find in neuroscience in the past couple of decades is that the set of skills called mindfulness skills which have a lot to do with attention and directing of attention, awareness and perception and then self-regulation and management which then also spills into relationship management in the interpersonal sphere. All of this can be trained and, in the brain, and the brain will actually change once its start taking up these mental exercises. Again this might not be surprising I mean you know I think this podcast of course is going out in India a place where pretty much mindfulness was invented so this is probably may not be news for folks there but the sort of empirical neuroscience of it is fairly new at least in the in the west and so what and so what they are interested in Google was looking at the ways that this mental skills change the brain and prepare you for the kind of environment in which you find yourself and help you succeed in that environment."

DJ: If this is of interest, do look up my conversation with Rich Fernandez of Search inside Yourself. You might specifically find the nugget on Response Flexibility versus Reacting relevant. That is Nugget 41.06.

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End of nugget transcription

Nugget from Rich Fernandez that is referenced: [Origins of SIY](#).

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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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