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## Context to the nugget

We often use phrases without often questioning where they come from or what the deeper meaning behind those might be. Jen here shares her perspective around the phrase “taking a walk” and how it could have an impact on how we see a situation.

## Transcription

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Deepak Jayaraman (DJ): Another piece you talk about in the book is a notion of metaphorical scaffolding, you say, that can help us repair relationships, I found that quite interesting as well. Could you expand on the notion of this metaphorical scaffolding?

Dr. Jennifer Goldman (JG): The scaffolding that I am talking about is very simple things like where and when you are going to have a tough conversation with someone and choosing that or allowing them to choose that, right. Saying to someone we need to talk about X but I am totally open to when we do this when works for you. Or thinking about it is changing the channels, like if you are normally having tense conversations with your team around a board table or on a Zoom call, to think about how can we switch things up so that we are not having things in the same setting. So in a physical environment if you are always sitting around, you know, the conference table, well, what could it look like, I mean, there is a reason why people have offsites, right because changing the location can relax people. It really can shift things up and make it easier to have a different kind of conversation in different environment. So asking someone to go take a walk or meeting people in a cafe as opposed to a formal conference room, even those small moves can make a big difference. As far as Zoom, sometimes just changing the configuration of people. So sometimes my experience is that my clients will expect to have a useful conversation with all 15 people that are part of a team at the same time. And all I will do is suggest that they have various sets of smaller conversations first before they all get together in that room with 15 people whether that is a Zoom room or a physical room and man, I mean that makes a huge difference. So that is what I am talking about the scaffolding that these are things that may seem simple but actually, they are much more important than we like to give them credit for and it can be helpful to pay attention to them.

DJ: One of the things I find interesting in this podcast is that I come across terms that we use so commonly in our daily life and you meet an expert and they throw a totally different perspective. I was speaking to Matt Walker, a gentleman who has researched Sleep for a few decades and he spent five minutes talking about why sleeping over something has, you know, a scientific, there is a scientific reason behind why if you sleep over something, you will end up in a better place. So when you mentioned go take a walk, that phrase is going to mean something very different from tomorrow for me. Just changing the setting I guess makes such a difference to get into to a better outcome.

JG: Yes, it definitely does. Take a walk, ask someone to go take a walk rather than sitting and talking to each other, the movement, there is something about movement, especially if you are someone who you know about yourself that you are kinesthetic person. And also, you can ask yourself who are the other people involved here and who will I be talking to and are they someone who might appreciate nature or the outdoors or getting a breath of fresh air, the movement as well, that is a great question to ask.

## Reflections from Deepak Jayaraman

DJ: This instance reminds me of my conversation with Matt Walker (MW), the author of the book "Why we sleep". He speaks about how the notion of sleeping over something comes from a scientific place. He shares the example of how Paul McCartney ended up conceptualizing the song "Let it be" in his sleep.

*MW: "So at the time Paul McCartney was actually down in London he was staying at a residence on Wimpole Street in London, and he was filming a movie down there and he recalls that in his bedroom he actually had a small upright piano in the corner and he woke up one morning with this beautiful tune, this beautiful melody in his mind and he immediately understood the chords and the progression of those chords and he went straight over to the piano and started playing them and he penned down this music and he thought this is just beautiful, it's so lovely this progression that you know of from Yesterday And he thought where have I heard this before, I don't recognize it, but it must be from someone else and the more he thought about it the more he realized that in fact it wasn't a tune that he had heard, it had been a set of music that had been gifted to him in his sleep and it was that chord progression. It wasn't the lyrics there, but it was the chord progression. The other song that is fantastic also one of the highest rated Beatle songs is Hey Dude and in that there is a description that says "Mother Mary, in my hour of darkness, Mother Mary comes to me speaking words of wisdom".*

DJ: Let it be.

*MW: Sorry, Let it be. Yeah, I'm sorry not Hey Dude, Let it Be and Paul McCartney describes that that was actually inspired by a dream and there's been suggestions that Mother Mary would, you know, the religious overtones that it could be Mary Magdalene but it's actually not, it's his mother, his mother was called Mary McCartney and he had a dream one night when he was struggling with his professional career and his mother came to him and just said, don't worry, continue what you are doing, everything will be fine, Just Paul let it be and that's why the lyrics are described that that in his hour of darkness Mother Mary, his mother Mary comes to him speaking words of wisdom, let it be and so a beautiful inspiration sleep inspired creativity and we see that lots in artists and scientists as well."*

DJ: It was fascinating for me to reflect on the statement "take a walk" in the context of gaining a different perspective on the situation. Thank you for listening.

## End of nugget transcription

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Nugget from Matt Walker that is referenced: [Sleep, Music and the Beatles.](#)

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## Dr. Jennifer Goldman - Nuggets

- 73.00 Dr. Jennifer Goldman - The Full Conversation
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## About Deepak Jayaraman

Deepak seeks to unlock the 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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