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Context to the nugget conversation

Dorie speaks about how she has handled the fact that she is a Lesbian ever since she came out as a teenager. She speaks about how people often take their cues from you and we have an opportunity to shape how they relate to us.

Transcription

Deepak Jayaraman (DJ): Just changing tracks, Dorie, one of the themes that I explore in this podcast is authenticity and what it means to different people. In the book, *The Long Game*, you have openly spoken about being part of the LGBTQ community. Can you talk a little bit about how you have thought about authenticity at different points in your journey?

Dorie Clark (DC): Yeah, thank you. Well, ultimately, ever since I was a teenager and I came out, I just was never interested in trying to hide anything or to contort my personality in some way. I really am a big believer that other people generally take their cues from you. It is a very small percentage, a tiny percentage of people that are so hostile or so hateful to whatever, you know, whether it is your religion or your race or sexuality or whatever, it is very small percentage of people that are going to be aggressive towards you just because. But I really think that for the vast majority of people, they are looking to you for guidance about how you should be treated. And for me, it is really important to just be myself and be comfortable and be confident because in doing that, it is showing other people, okay, good, well, great, let us be normal, let us be comfortable together. And I think that when we come at people from a friendly and open position where it is like that, I do not have anything to hide, of course, it is perfectly normal to, you know, talk about a girlfriend rather than a boyfriend or whatever, if you make it not a big deal, it is not going to be a big deal. And that is the world that I would rather live in. I do not think that we need to make things a big issue, and I also think we do not need to be cowering in the corner, worried about what other people think. I think that we have actually a lot more power than we imagine to influence the discourse and to influence our relationships. And so what I try to do, as best I can, is hopefully be helpful to other people in the future by just setting a framework and expectations that, yeah, no big deal, this is nothing to notice, nothing to worry about, let us just get on with business and being friends.

Reflections from Deepak Jayaraman

DJ: I love the phrase Dorie uses here. I am going to replay that here.

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whether it is your religion or your race or sexuality or whatever, it is very small percentage of people that are going to be aggressive towards you just because. But I really think that for the vast majority of people, they are looking to you for guidance about how you should be treated."

DJ: Something similar came up in my conversation with Deepa Malik (DM), the Paralympian who after several years of a normal life was paralysed waist below and had to deal with the new identity.

DM: *"I think I have come to learn a lesson in life that people will look at you the way you look at yourself, as long as I was treating myself as a patient or as somebody who was disabled, or have a sad persona around me or still despair losing legs and not moved on I was looked upon like that but today I took charge of my situation, I said no I am going to be as normal, well I never said that I am abnormal, and actually there is nothing that I don't do which people with all functions intact in their body do, I drive, I swim, I play, I watch movies, I listen to music, I cook, I am a mother, I am a wife, I am a home maker and I write some poetry, I have hobbies, I travel so there is nothing really different and that's what I crusade for I call myself a person on a mission called and ability beyond disability, who actually advocates that the differences are I think just a matter of thought and not matter of action"*

DJ: Thank you for listening. For more, please visit playtopotential.com

End of nugget transcription

Nugget from Deepa Malik that is referenced: [Getting people comfortable with the context](#).

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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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