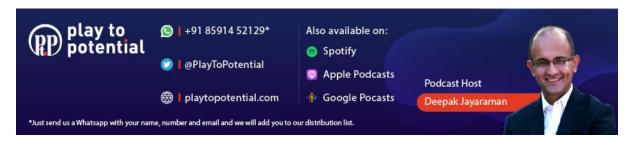
Podcast Transcript 04.01 Papa CJ - Why 'Naked'?

Also available on Apple Podcasts | Google Podcasts | Spotify



# Context to the nugget

One might think that the world of stand-up comedy and the corporate milieu would be miles apart! Hear Papa CJ talk about his transition from being a consultant to an award winning stand-up comedian. His show 'Naked' talks about all our common vulnerabilities and the 'brick walls' we build around ourselves that may prevent us from growing. He tries to reach out to all of us who might be comfortably complacent in our comfort zones.

## Transcription

#### \*\*\*\*\*\*

# Deepak Jayaraman (DJ): For the purpose of listeners, give us a sense of what the show ['Naked'] is about and how it came into being?

Papa CJ (CJ): The thing with 'Naked' is, I almost don't call it a stand-up comedy show because it has so many different elements. It's got theatre, it's got storytelling, it's got poetry, and it's got a little bit of music and dance. But the essence behind the show is, as human beings, we kind of have brick walls that we have built around ourselves, which hide our deepest hopes and fears and desires. Now, in the course of this show, one brick at a time, I remove these walls, exposing myself with all my vulnerabilities, all my pain. And it is terrifying and exhilarating at the same time, because by the end of it, while you are completely naked, you are also completely free. So, that is the essence that lies beneath that show. I think, what really works for that show is, I am using the vehicle of my life to talk about the trials and tribulations of the human experience. So, every single person in that audience, at some point, has felt similar to what I felt or has gone through similar experiences. So, when I'm performing, they don't feel like I'm telling the story of my life, but it's almost like I am telling the story of their lives, and that's where the connection in that show is so strong.

## DJ: Is there any context on what's the genesis of this show? Why did you do this?

CJ: What happens is, as an artist, as a performer, you go through different levels of growth and when I say growth, I talk about personal internal growth. I mean, there are some comedians who can perform the same 20 mins for 20 years and have gone on to do that. Today, most corporate shows, whether it's in the country or abroad, I can do them in my sleep. But the second you start getting so comfortable, I think, you start to stagnate. So, for me, this was a show that helped me grow internally as a performer. I had to push myself beyond my comfort zone and, I think, that's kind of where it came from. You've got to consistently ask yourself, what's next? How do I grow further? I mean, the same works for organizations and creativity and innovation. I think, often, organizations are scared to innovate because they don't want to be seen to be failing at things. But the question

 $\ensuremath{\mathbb{C}}$  2020 Play to Potential Podcast. All Rights Reserved.

you have to ask yourself is, if I'm still doing exactly what I'm doing now, 10 years from now or 20 years from now, will I be competitive? Will I be well regarded? And if the answer is no, then you have to experiment. You have to create. And failure is a part of the creative process. You cannot succeed without failure; if you don't fail, you will never succeed.

## **Reflections from Deepak Jayaraman**

DJ: I am reminded of the term "Vulnerability builds trust" - In Professional services or in any relationship context, I have noticed that the people that have built deep relationships are those that are willing to be vulnerable and open up a little bit about themselves which makes it easier for the other party to trust them and build that deep connect.

Thank you for listening. For more please visit playtopotential.com or subscribe the podcast on ITunes, Stitcher or one of the other Podcast apps.

## End of nugget transcription

\*\*\*\*\*\*

#### **RELATED PLAYLISTS YOU MIGHT LIKE**

Authenticity: As we move into a Digital world where leaders are a lot more "out there", there is a greater premium on authenticity today than possibly a few years ago. Leaders across fields talk about what the word means to them and how it influences their behaviours and choices. You can access the playlist <u>here</u>.

## SIGN UP TO OUR COMMUNICATION

**Podcast Newsletter:** Join 1000s of leaders who benefit from the Podcast newsletter. Not more than 1-2 emails a month including keeping you posted on the new content that comes up at the podcast. High on signal, low on noise. Sign up for the podcast newsletter <u>here</u>.

**Nuggets on Whatsapp:** We also have a **Podcast Whatsapp distribution group (+91 85914 52129)** where we share 2-3 nuggets a week from the Podcast archives to provoke reflection. If that is of interest, please click <u>here</u> and send a message stating "INTERESTED". Do also add this number to your Phone Contacts so that we can broadcast our messages to you when we share a nugget.

\*\*\*\*\*\*

## Papa CJ - Nuggets

- 04.00 Papa CJ The Full Conversation
- 04.01 Papa CJ Why 'Naked'?
- 04.02 Papa CJ Oxford MBA, consulting, stand-up
- 04.03 Papa CJ Plunging into stand-up
- 04.04 Papa CJ Stand-up: Unknown unknowns
- 04.05 Papa CJ Stand-Up: What it takes
- 04.06 Papa CJ Lessons from a journey in stand-up
- 04.07 Papa CJ Role of vulnerability in building trust
- 04.08 Papa CJ What corporates could learn from stand-up
- 04.09 Papa CJ Three things they don't teach you in B-school

### 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 <u>here</u>.

## Disclaimer and clarification of intent behind the transcripts

This written transcript of the conversation is being made available to make it easier for some people to digest the content in the podcast. Several listeners felt that the written format would be helpful. This may not make sense as an independent document. Very often spoken word does not necessarily read well. Several of the guests have published books and the language in their books might be quite different from the way they speak. We request the readers to appreciate that this transcript is being offered as a service to derive greater value from the podcast content. We request you not to apply journalistic standards to this document.

This document is a transcription obtained through a third party/voice recognition software. There is no claim to accuracy on the content provided in this document, and occasional divergence from the audio file are to be expected. As a transcription, this is not a legal document in itself, and should not be considered binding to advice intelligence, but merely a convenience for reference.

The tags that are used to organize the nuggets in the podcast are evolving and work in progress. You might find that there could be a discrepancy between the nuggets as referenced here and in the actual podcast given this is a static document.

All rights reserved. No part of this document may be reproduced or transmitted in any form or by any means, or stored in any retrieval system of any nature without prior written permission.