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Context to the nugget conversation

Raghu reflects on his childhood and how his grandfather would read the Mahabharata or the Ramayana and also use those stories as an opportunity to share a self-reflective story about their life. He speaks about how this approach might have influenced his style of interacting with people and his teaching approach.

Transcription

Deepak Jayaraman (DJ): Raghu, in this podcast series, we will get to the insights from the book you have recently published but before that we end up spending a lot of time on people's journeys and their choices. So, maybe just to give the listeners a sense of where you come from, can you talk to us a little bit about your childhood and how it shaped you?

Raghu Ananthanarayanan (RA): Okay. I might be one of the few people around now whose childhood started in a joint family, a large house and my grandfather was very much into culture. I think, since you asked about what shaped me, I think, that definitely had a huge influence. He was a very well-known author on income tax and things like that, but his passion was to look at artists. Like Chembai Vaidyanatha Bhagavathar was somebody with whom he patronised. So, we would have a lot of concerts of Chembai at home. There was a huge room in which people would gather and there were these concerts. Apart from that, there was a person called Sushila Achutharaman who was distantly related to us and she was into Harikatha. So, she would come off over and recite the maha... you know, the whole storytelling tradition and that was one very strong thing I remember. Plus, I think, one other things I go back to very often is my grandfather used to tell us stories, and he had a... he would read the Mahabharata or the Ramayana and he would recite some of those things, stop, tell us the meaning and once in a while, he'll stop and he'll tell you a self-reflective story. So, I distinctly remember when this whole thing about Sita and all that came up, he actually wept and he said you don't know, I have treated your grandmother badly and things like that. So, quite often nowadays I wonder whether the way I teach is very much like that; it's very self-reflective. The book is also completely self-reflective and that's the whole journey. So, I don't know, maybe that was a... that was a big influence.

Reflections from Deepak Jayaraman

DJ: When I reflect on the journey in the podcast till date over the past 5 years, I guess this notion of doing a little bit of a reflection piece at the end of each nugget started out as me trying to take the opportunity to reflect on a piece of wisdom from a guest and wherever applicable share a little bit of

my journey, my struggles and my learnings along the way. I sincerely hope that you find it helpful in your experience as a listener of this podcast.

Listening to Raghu also is a useful reminder that I could do much more of this on the personal front whether it is with your child or your spouse or someone close. It's such a simple but a lovely opportunity to build a real human connect with somebody around you.

Thank you for listening.

End of nugget transcription

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Raghu Ananthanarayanan - Nuggets

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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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