Fluorescent blue – grit

Fluorescent Yellow - grit and flow and meditation

Grey – flow

Army green – leadership

Fluorescent green - meditation

# TT7.mp3

BB [00:00:00] Yeah, I hope so. Because some have taken even less. OK. So again, it depends on how we go about answering and not just as you were coming in and what were you thinking?

TT7 [00:00:17] What I was thinking of what needs to be taken care of.[00:00:21] After I go back to my desk, you can go, will you? [00:00:26] I was in the middle of having an e-mail and I was supposed to hit send. But I thought, let me read and draft to meet again and then send since I was supposed to be at 2 p.m..[00:00:37] Okay. So what was the point? You said.

BB: What was the main thing you were doing? You were tTT7ing any.

TT7: And how well were you concentrating?

TT7 [00:00:45] Yes, I was concentrating quite well. The reason being that e-mail is based from the test result that I have tested when it comes to a pretty opera.[00:00:58] So I wanted to make sure that I document each and every point, which was the kind of record. There was no harm in that.

[00:01:08] And was it hard to concentrate?

[00:01:10] Not. It was not. So it's I mean, I'm down there smoking house and consciously. Yes.

[00:01:17] I was gonna shoot us because the meat I was not only documenting my experience, but I was also raising concerns in the political process of the use case that I know since we talk in different windows here. And for me to continue to be very specific of what needs to be done. So I was trying to be to be very practical, even like moving one bar of movie list, giving the movie from here to here. There's a process follow. And so I kind of been playing each and everything. So that's how I take the day it is hearing conduct. So I do that. I like doing that. And that is what I'm doing.

[00:02:00] And I didn't feel good about yourself. Yes, definitely. You believe in control of the situation? Yes.

[00:02:09] I at least try to you know, if if I see two hiccups, I'm a man. I give responsibilities to anybody.

[00:02:17] I have a tendency of taking what the dogs can give myself. They tell us that Israel is just gonna take time to bed. So I do it quite often. If there is something going wrong because we have learned to meet and yeah, I just take it from there and then. But at the same time, I make sure that the person learns from what I'm doing. So I tell him, this is what you have given and this is what I've done. You got to do this in future again.

BB [00:02:46] And you were living up to your own expectation?.

TT7 [00:02:49] Oh, yes, I think so. Yes, I do think living up to the expectation of others. [00:02:57] That's what they hard to me. So everything everybody expects light being day in. The work is what I expected from him. But that they didn't expect him to go. That's a rule. But you want didn't deliver. I am pretty sure exceed expectations to delay someone. Yeah. So I believe I mean wouldn't be dead, but to always delayed can be a bit difficult at times. Like you said, there was pressure delivery pressure. Yeah. Sometimes I mean come on. But yeah. Get the money for a.

[00:03:29] Yeah. Just before joining the interview. What are you doing. You know you meeting the expectation.

[00:03:34] Yes. Because issues were raised this week and we kind of resolve it each time and I'll make a decision.

[00:03:42] Yes, OK. So I have this. This is to measure your mood, hasn't it? No, it's now. So what do you have to do is this is a little bit too drowsy. OK.

[00:03:53] So you're got to choose any of these. So if you're feeling drowsy, you will be very drowsy, quite drowsy, some drowsy or neither. You're very not quite. Some are not. OK.

[00:04:10] We definitely.

[00:04:21] And he a strong like physically, mentally strong.

[00:04:25] I just do the opposite of its little comfort. Okay.

[00:04:34] But I can be strong and we get the same time, right?

[00:04:37] So you never if you want. Oh, OK. You haven't labeled.

[00:05:06] A good team this.

[00:05:48] All right. OK. So if any rejoining the interview, did you feel any physical discomfort? No. Who were you with?

[00:05:59] I was on my seat.

[00:06:03] So this is there's a part of it. And that again and again. How do you know that? 36, 36. So zero to 36. Think of the number of quantum storms that you have had in your life.

[00:06:22] When you say cornerstones, you mean I've been taking to the edge or anything?

[00:06:28] Anything that you feel has done deal that they're there at that point. Something happened to be professional grade plus anything. OK. Obviously 0 2. I just think it has to be exposed.

[00:06:48] We are beginning to books to really any media. It's up to begin, but none that. So the provision life will go to that effect. And maybe. I don't know. Yeah. Kind of having the government age and that actually started everything going fine by making this thing happen. The London golf course. And since really because there were people that are opposing the marriage and I took the step of going at Amanda and six months down the line, I inform the parents. But they were all. Those of you that I'm looking at puts many months ago. And those two years were kind of not so I'm so happy. Go lucky kind of know. And what the site had problems and problems. Apparently problems. My sister had problems. And me marrying someone from a different caste. And I think after six months, six months of getting married and I am for my parents, and then I think they said, OK, the same sometimes they did not force me to kind of keep things separate, but I accepted it. But I think since then and what he calls the Evelyn hasn't mashup that we are working on it. It's been like ten years here. And but I've been out so far from now. I'm a painter more so, I'm sure. And yeah, I'm not reading. We didn't dance together. But I do visit. But yeah, that could be something that I think should have been taken care of.

[00:08:31] You know, give me a different way. A problematic movie, which didn't happen.

[00:08:36] But we are getting ready now. They both kind of in fact, but not very often. But I will be kind of if given the opportunity, I would like go back and fix things and, you know, make sure it falls in the right place. The weight has to be then forced out. So this physical hotel, this was for two years to two years.[00:09:02] Yeah, but to go and get married for 10 years. Yes. So two years I lived for 10 years. And now things are smoother. OK. OK. OK. Yeah. So you're still looking at it?[00:09:14] Yes. So let's take it. It's been a 20 year work in progress. Yes. Can you say that? Yeah.[00:09:21] And personally or professionally, I do not have any problems so far. I was good at the work I was doing and I would get appreciations and all this try. So you explore new things. I was with IBM for 13 years and then I switched to pull it back. So I was in services or support and services. And I was doing well. I explored different domains. It was quite fun. [00:09:55] And yeah. [00:09:57] So I also was, you know, I was in Venice. So I oh, come. I've been working on footpaths and in the unions and the like, prohibition goes. I had to do something out of my profession. Has got to chase up that fashion. Right. So I was working on keeping myself fit and then I chose running as well. I think for the past seven years I've been running now. So I have gone through a phase where I had to suffer from the injury I still carry is the life of misery. It's a it's a desk much which I'm suffering from. And all that I can do is strengthen the back in my core. So I've been doing that now. That's gonna be my. Life through high gender and to the way of setting goals for myself when it comes to any fitness journey. Gonna be running career, passionate following. I had to take it up on my back and at the same time make sure I'm fit and maintenance levels are good enough to conquer any wall that I set. Just like I did the lead on that run. So I've set a goal for next year as well. So that that gives, you know, occupied not only on the Western Front. Nothing on my passion, but it got them stayed for it kind of helps me professionally as well. Because when running when I'm running like for hours failures, I get that and need time to think about my work as well. So even I didn't do well. Yes. Just come in when you're running. I tend to meditate. I feel after the natives have done that, I can do that.[00:11:43] But when I'm running. And once once I get into that trance, you know, I couldn't leave him. Footsteps and my breathing. And then that's how I mean it. Well, most of the time, I do not symptom. I can do that. Make me sit in the room. I don't do that. I'm running enough liquid. Three hours on the trains and you're just listening to your service, talking to yourself. So I talk a lot to my said and then a lot of things happening. So you went today? Yeah. They got me. Then I joined one back. I was a part of this team. Even before joining because in my frame of mind. So do we stop is a shared idea then? Then he said things about doing the job sharing. I explore things here. So featured on extending an IBM set up to the last week. Last year I joined to one day and since then I've been seeing the chaos it since under the kitchen manager app to make sure no one either cares. So he goes out of his way to be there. But how nice it is. That's important, because at the end of day we have an elevator, some perhaps more customer than it has to be. You're not breaking the market. So I think that is something. Day I joined them and wake up from my sleep is something I kind of experience every day. I often tend to come by photo or someday. And even if I am in the bed and I'm laying down, I kind of laze for an hour, staying where our hour. And I keep making the list of the things that I would do at work today that a lot loads of things into it. [00:13:38] And apart from that was a you day to explore a lot of stuff we wouldn't or so that day and you're free to since you know the end of March when we are free to explore new stuff and every week we can see a reality as something new coming up. Like I see, because ultimately I'm the one who has to kind of keep training the developers and tell them this morning, thought of and this is the change you want to make. So that. So I actually do want to get rid of this. The one I was sleep that I liked when I actually wake up. But this that one trend that keeps running my mind. I'm not sure. I think when I was in L.A., that did not happen. But then I know that when I took office, then it started happening and I came back here and there's so running in there. I was like I had my day to wake up, eat breakfast maybe. And there was central network. I could not before. Yeah. And an afternoon then. And then came. I had to man, I saw humans coming up then I think I think everything I look up to the plate, it is me. And you know, if you believe. You just can't stop from the plane or lose me. So I didn't. That's enough for me because I wasn't this restless when it came to me. And when I was 19, we had time to respond. And, you know, it wasn't. No, we had a sense of urgency.[00:15:08] But sure, everyone here is intelligent. [00:15:14] Everybody expects a response in a minutes or so and communicating with my folks. Make sure.

BB[00:15:21] Yeah, I think that. Is that a turning point?

TT7 [00:15:25] Is it is the way I'm working right now. It's like smoking. I used to collect half of my journey in a building within six months or seven months. That's what I'm doing with the amount of work I've done here. And by six months, I think I understand it should have been from five to six. And so, yeah, are a lot of work that you have here, and I'm I to the dollar. [00:15:53] And it's a start up and we have to keep going and raise funds and create new products, know drugs. So we need a cast of like excusing our standing.

BB [00:16:04] So this is the second turning point.

TT7 [00:16:07] Yes. I would say that there's something different about being entertained and not now. So, yes, I was it is still one of my not to say my injury and tell me what the fire instead is playing to me.

[00:16:24] How long did it take for you to recuperate?

TT7 [00:16:26] Ok, so 2015 is. Yeah, me too long. 15. I kind of I'm looking on and I felt something different and when I was working up in the back. So I thought even usually when you feel that it's being not warmed up. Well, you kind of have that this tweet. Body aches from that. And that's all I had it in my back and I thought any more of it did happen. Now, four months time that. So you're getting constantly. So then I'm in for a few of you. I did also, you know, my treatments were a few, but end of the year. I think by October. No, I just couldn't walk. I could not walk. I could not even lie down. I could not stand. And it were just the right side way. It's time to stop being so and find the S1 so that if if this is going right, this is the you this. And this is actually the face. They call it that based on this pills. And they think you deserve this. This blows, right? It is actually touching my ex. Well, no, my right thing. Every time it touches, I can feel the pain. From top to toe. It's like a shock, the sticker shock. And the day I could not get up. And then I threw into the to my hospital garden and one and then the other is and this is your desk is a feisty one. Simple. Yeah. See what it. Okay. But if the major one said they do not move around and then they gave me some pills to kind of go from goofy to. But then I had to follow you, you. I could not continue taking the pills. They had really pills. [00:18:22] But I was very reluctant this. But I said I do, you know I've been working on for so long and then I started having pills to fix something. And they say, you know, take time. But painkillers is not the solution. I mean, think know a little bit. And I visit a lot of people. I think a month I spent on doctors to see with the best. And I ended up with one and then doctors, American lives another. So I went to the games and exchanges. So that helped. And Jan 2016, I think I had really stood for the limit. Yeah. Okay. So I since I booked everything on the racks that evil and sin and I have to be in places where I said, let's do it. Think I just for own. Okay. Let me see how it goes. And then yeah. I had to pull up one game can a muscle relaxant. I didn't have any choice and I wanted to go. I booked I said and this is my first marathon. I have to do it. I just can't cancel it. And then I did it. But at 37 km, I think locked up meant I could not corrupt. I was crawling. I was dragging my feet. And then I thought I had to call someone and have them pick me up and fly me down, Dania. And but I actually I I'll just trying to see how much far, far, far it and go that, you know. Then we just call. And I try. Can you do that in a kilometer? Put me on 20 minutes just to, you know, grab my shoes and after that, 37 km, everything unlocked. I don't know what happened. And I wasn't sure. [00:20:12] And I did that 42 kilometers. It took me four hours and 20 minutes, which was not the time I in. But yeah, I then I saw after looking back to kind of be ahead and I was able to finish it. There was only thing I said, okay, I know what is going going on inside and I'm going to take care of it. So I came back in Jan. And then the whole year 2016 I worked on strengthening my back, my core and I can run than. Particularly when I was back in the loop. So I took a lunchtime and almost bound to strengthen and then back to the road. I did my first play again and I'm sorry if I do that. I've been invited to attend along with those that you I didn't hear and I did my half marathon, 21 minutes. And then to those 17 I flew was Hoffman our bonds. I aimed at the 18 to my full mark and getting them by.

[00:21:15] So I did that because I was able to do it and I set up the plan. Okay. 18, 19, tough dawned. And then you switched to a full marathon. So below you didn't. I did that. I so will not dance. Now I need a meter. I don't like to fail. Failure runs and I was able to do it. Then I thought again, I'm quite strong enough to do the rounds. So then I started selling. I fall on these running events that happen all over the world. So then by my may actually aim is to go each and every place and run free. It's because you just can't keep running here. It is very hard to see him again. So even if you ask me to run two laps. No. I would rather go and come back and go the same. The same distance. Yeah. So my goal is to run each and every.

BB: So when did you discover this running passion?

TT7: I was. You know, when I was walking out, I was with IBM. And IBM had run as a group. And yes, I was into sports since March. You know, I was just bringing in on and when this thing came up, I believe this book and team came up and they said, we are selecting for the corporate team for D.C. as 10K. And they had a benchmark. You got to finish. Then Columbia goes under 15 minutes.[00:22:48] And I put on black today to that here. I just went for fun. Yeah. I looked at the 15 minutes. Then I will do it. No, I did not. It didn't happen. I finish in 55 minutes.

[00:23:00] And then since I could not go down. I just said no. This has to be done. And next year I did 45 minutes. So that was in me. This was into blowing 40 90 2014 to 2019.[00:23:15] Fabian's. Yeah. Five years. Yeah. But it been running now. I mean why. And when you started doing 50 km running it turned 80 to 80. Yeah. So it took in Sierra two thousand forty nine. Audience go. Okay. So. So now you are into a state where you are actually running and you are meeting your goals. Yes. Just not at the marathon, but I come out on the boat. Yeah. That's right. So right now you're all meeting. It's what you wanted to do that 15 minute 10.[00:23:48] Yeah. So I think you're ready to go off there. And then I've come here in 45 minutes. Then I was the one then on this election ballot to select runners when I go again. There was a day when I was rejected and I wanted the game. And now I'm selecting folks in the team and.[00:24:08] So that is in the second. And the third one was the dog tag. And you said yes. Interesting.

[00:24:16] Yeah. Three. Three. Yes. I have one more door. Yeah. Yeah, maybe. Since you're running. Right. It's I mean literally running. We. We kind of started has been visually impaired runners to run. So this is like getting the second began and I've been since we were running and you were guiding folks on how we run and take up running activities. We also got engaged who were into you and they were keen on interest in sports activity of our nation. And then my federal colleague and I even said she said, let's, you know, kind of try and have these days to run and take up physical fitness activities. So we are official guides, runners, and we have a you even say from being on rather could be the daughters, all women running event that happens all across India and they go to Bangkok. I mean, someone if you're aware of it. So he's the organizer. It goes on from the other. And in people that we kind of started dating or loosely because we even dream the guide runners who have to run into runners. So we started our program and we were always happy with it. And this was sort of those from the event. And since then, we've kicked off. We still do it. And yesterday. Yeah. In Bangkok last week, there are few people and then since we started in Bangalore, Mumbai, Mumbai as well. So it's growing. So at the same thing, the other group that we studied here, that is great. [00:26:01] So somehow. So this would be a good uptick in, you know, from the dam the idea of the concept of doing it for.[00:26:09] Don't do that. Let's do this.[00:26:12] So about two years, four years time acting because because when we started the game for a lot of challenges, maybe the NGO was not comfortable sending girls only mining because you got to wake up at 3am and stand by for a year and be there were fighting inside the factory and then go back. So all that oppression issue was had to be sorted out. So that took away maybe a year or two. And then then we got a lot of people coming in and supporting us for the cause. And that's been in the NDA. So it was very stressful for us to even run and organize at the same time, but not big. So we have teams in every location. I'm not ready. We are vilified in the past. [00:26:58] But when I get invited to come and run that we have owners. But normally you want to give more dying in the kind of organizing it. Right now, we've got to kind of walk slowly over. But I read them once and the way it does in way, they go away and on the over. So I do that.

[00:27:18] So that means your longest challenge and longest time that it took you to reach your goal was the amount of time running through the family history, Juventus?

TT7: Six years and seven years.[00:27:32] Yes. So I would not say a lot. You know, consider that as the longest time. But because I loved living, when I got into trouble, I learned a lot. And I use that time to learn other stuff. Right. Tell them to strengthen us. How to share? Because when? Now, when I have newbies joining new folks on the running team, they learn you did it and have not done five and under them. But they tend to kind of get excited and they tend to go that extra mile and do it, include them, but end up getting injured. So we are so eight since we have gone to it. Me kind of guide them. Train them. Tell them what needs to be done. What wisdom and experience? Yeah. You've got to be patient. You can do that. Nick Kingsley, Belinda Love Melbourne. Had a 16 year old kid. So 16 pretty face when your body exhumed that love stage. So you just can't keep getting that amount of time. Then again, we can prove it and live another life. So I love guidance and I'll live more and learn. I use it for guidance for all the folks that are going nowhere. No. So yeah, that's what we do. So we look for five members who were being a part of the team for long and done different things that everybody is in for that matter. Everybody has shin injury, ligament and back injury knee. Everybody sees everybody had that. And we appreciate the bold vision being on them because we know what you want. When they routine, they're looking for the gold medal. [00:29:08] So yeah, if you come up with league medals and trophy, I think I'd like to see sitting in my living room and I just keep forgetting that I do not think it could be and say, okay, one will win this that day and this year they would come on and looked up the same to see what the scale of their running race. [00:29:29] But what's the road here? Sure I do. Probably is unwise freshman from that. So my job is to ensure the product that is delivered to a customer is signed off. And by saying no, I mean it is the everything is in place. So be marketing big office, the technical. Everything has to be in place for me. So to then I just don't give as to any product. It has to be a good package, just not technical. I need to be more technical with that activity. But I didn't have a look at the other team that didn't have to run after no one else. So you're just gonna be a just gonna give a product the way it has to be presented there. Testing and getting the modelling. Here is a preview.

BB: [00:30:23] So on this stuff, so which means in your day to day activity, you would be into a lot of meetings.

TT7: Yes, you can imagine.

BB: But you would also have to make a lot of decisions.

TT7: Correct.

BB: And you might not often get time to make those two things. And at the same time, you would have to interact a lot. So doing on this, do you get the day to concentrate enough to be able to make the right decision and to know that that is the right decision?

TT7: [00:31:03] But like I said, I put my thoughts into a practical scenario. You know that that actually helps you to take any decision, because I mean. I'm discussing with my colleagues. I because I have opinions, you know, exploring each and every. And it's getting really unpleasant. OK. I have to. I'm just tell Nancy what's what's new in that. And when I ex, I experience it. I just see the fruit. The how is the customer every day? What to be even, you know, simple like this looks good. So I do that. And you feel experienced. I know it is a good thing and it's not that great. But that's the first thing I could get my hands dirty list and people. You get your hands dirty and that's when you get to know what is wrong with you. Right. So you have to get to it, see how it feels. If it is not known and there's no harm in causing something which was good. That's what we were looking for in customers in more than one. Right. So that's the idea to let them know this is what we can use this out again simply for your life, please. Laughs. And Ophelia and interactions are very important because there are a lot of different thoughts that come comes up to each everybody's mind and that can happen. Know the way you design anything. So that that's teamwork is very important. So, yeah.

BB [00:32:27] Okay. So your team has how many members?

TT7[00:32:35] Twenty nine. Yeah. So I managed to many on the task of these people for the software development. [00:32:41] Yes. That's your coding relationships. [00:32:44] And I I work with unneeded commands and the risk to technicians on for up for it management and tell them this is what we should do is this is what we should not do. There's been something happening on the clock. So even when someone's calling and then some things or does it Monday, they have to change the code. So that's and then gets in line with that the president. So you keep in the economy. So because we experience things and we know that some of what we thought is wonderful. But then we know, OK, this can be this barrier and you've got to change to the. Yes.

BB : So whom do you report to?

TT7: The CEO of this company. Yes. You say so to me, your team.

BB [00:33:34] What would they say about you?

TT7[00:33:38] I wish we ran a survey. Maybe a month ago before you organized that, they only said and then we should do this study before we go the other day. I don't want people to test. There's more pressure on this to take them out and ensure that the body out and come back home. No, we we have to get out of something out of this since we have the moment. And that's when I ran. So I said these are the 20 questions that are wrong in this case. And mostly more of it was ensuring that these people know what they're doing here. Why does the organization go negative for them? Because it is very important that they understand where you're heading. If there is a finished the mixes.[00:34:30] So I read this. [00:34:33] And I feel I felt covered up in the new days. Maybe need some more brainstorming to make them understand how do we function here? Because people must have pressure. Maybe Saturday or Sunday started telling everyone expert on things outside. They're pretty confident, but otherwise, because our time off since they were going to try to endure this long process as soon as I will use the process. IBM Yes. And that actually has to track, you know, a lot of things that happen here. And like I said, it's chaotic. But if a law and other killers. Nothing like it. So that is what every task that is raised from in this. We use it to that actually very bad. We can create task. And at some point every person we can track must find the team. What what what is it doing? So I think there is that year and that's how I know it looks. I know who's doing what it was doing was kind of available when I'm doing more work. So, yeah, I wouldn't want any negative feedback yet, but I still feel that a few. [00:35:45] Those will need to be groomed when it comes to the world culture that we need to follow. Etta James. Yeah. So the answer is pressure. Fortunately, no one has complained about this couple of days because the record cold days and the work life balance that we would not be would. I didn't hear that question. So let's see what they have to say. They work. Were worried about it because their earnings, you know, they're going to be out, too. Again, it's just like this. I get it pumping. So I stay open late on the same floor. Was here on the set and I'm sure. Okay. So I like you. I know you're not in office. Has to be connected. Then the discussions will go. And so we jam day in the morning. Then for us, it is just the usual thing. But at the same time, to make sure employees do not feel that work life balance is not. I didn't want that. Even our wives complain, but we make sure we also take a time out and we have a good time. [00:36:55] And then yeah, the night comes to the challenges. So what are the challenges that.

BB: Let's talk about your greatest challenge so far. Is it the injury or is it something else?

TT7: [00:37:08] Now, if you had not been to like 15, I would say yes. But since that year did pass by and the things that I've learned from my injury, I'll say I actually can always flood back and see if that was a challenge to me. This had nothing in front of this. So that's all I mean, but all of the challenges, right. So that's what I do. So even the Billy run, I done 50 kilometres, so I knew I would do 50. But elevation or the challenge for me and I was just waiting for the pain to kick in. So I didn't remember Dubai. They so it was over for me. And I'm going to hit that being special. [00:37:53] You let em. I'm not here. They're not intended for me. If they exceed that, then I know the thing. I worry right now and they're getting me. So I have like gone to challenges and that's all I've been able to manage the challenge or control it or, you know, come forward, be provisional or pleasant. [00:38:11] Yeah. But then ya biggest challenge would have been a number of fields of time would have been how long? [00:38:22] Maybe your stamina professionally. Like I said, I knew I had problems. I was doing stuff with IBM. Maybe be the low pressure. No. [00:38:32] I mean we're playing a different corporate in the sun, which means it's still a medicine thing. Danger. It's just a long list. [00:38:38] Yeah, I would say that injury. But that is a lot. Yeah. Because that actually affected my physical. Mental. Yeah. And that has got to come to that. Again it affects my professional life as well because I have to sit and work and at the same. It's not like you want any working, you've got to get up up every 20 minutes and walk from there to begin. So I had that train running in my mind and I'm sort of walking and so everything was gonna take from me. And if I don't one run maybe a week or two, then it's like a few very easy. So when it came back, only I used to do the weeks we make it from running and rest and then eat a lot because I've lost weight. I actually lost when we got the running. Yeah. And I want put it on. So I was eating or food and just resting my spot. But then again, the ban again came up again and again. We get in weights and the weekend there's this guy that run to the lectern and to, you know, get up and start running again. And the day she tells me, you know, when I'm running and I keep my mind fit, and then this thing that has been in work is the same.

BB[00:39:44] So this when you were recuperating, were many women, not men at that time you said it affected your mind. Can you keep the difference on what it.[00:39:55] How did it affect and how did you overcome it affecting the mind?

TT7: Because the feeling that I was I was having only gave you a lift. And before I was okay. It was I've been there, you know, the big killer. And I had eight hours of walking away. So. And I started. And that had to be taken when I wake up, because I could not just wake up with that being and I could do that, surely. No, stop walking. And I'd actually work from home for a month or so. That going to just walk and then go to office and. Yeah. So for hours I knew that, okay, I'm going to build. But after four oh I still have a swollen and continue working toward the day. Yeah, that is something, you know.[00:40:49] Oh, it did bother me, too.

[00:40:56] I'm sorry. Oh. So how did you overcome it?

TT7: Oh, come on. No. I just had to be able to say, OK, this is just a moment that has to pass. And every day since I've been out and making sure that I heard that I was he didn't do Jim one final look to me. And I just had to walk with more and walk on and and walk on. And I was doing was only in the back so I could it back by something I could do and we could fix it back and walk back home and start walking. So yeah, that is I think. [00:41:32] So there was an everyday challenge. Yeah. You have to wake up. You go in to that genius.[00:41:37] Yes I would if I wanted the bed in the morning after some time I sent that led to the gym and see because once I get the body stretches, I was getting better. And by when I was back home. And then the pace start scheme. So that's when he started working. So yeah, that was something that I wanted to say. [00:41:59] It was only you pushing yourself. [00:42:01] Yes. Yes. So it was an intern. And I remember the day my wife, Amanda and the mom used to ask the baby, being an intern one time, I said, no, it has not been. [00:42:16] But it's feeling in this way. [00:42:19] It that they are delighted. [00:42:22] They ask me what it looks like. We'll just end. Okay. I'm walking on. And that's when I thought let's even try and focus on running as evidence he goes. [00:42:33] So. So I was also the concern of your family.

BB: Did you actively, actively push you to take that?

TT7: Yes. So let's stop, right? Yeah. [00:42:41] Let's start running into our goals and try something instead. Okay. [00:42:45] So you set a goal, but then you choose to follow a different plan. [00:42:54] Has that ever happened to you? [00:42:57] No, that hasn't happened to me. No. Okay. [00:43:04] So you are you must be doing multiple things at the same time. Venning Fine. You said that then we understand that it's not working. We change it, man. So does develop. I might get upset with you because you're constantly changing. But do you do that? Yes. Yes. Okay. Despite doing that, if you understand that something is hitting a roadblock, then we'll do it.

[00:43:31] One thing is when we give a task to inevitable, we tell in words of comfort. Okay. What are we trying to do? We at the same time also encourage his point of view to make sure how this this where will use cases, how best can be anybody. And right now, we cannot set expectations. Please understand what there will be changes when you develop a product. No, Mubarak is foolproof because every team tuning in on time. So, yes, we set the expectations right. Maybe initially those difficult. Then maybe so. That and then a lot of changes come in every now and then they'll add to that mindset. But there is of what we know we often do. But there's been a complete call and then we say, okay, let's do this, saying that it go back to the call and then call it versus what might do. Right. The quality test, the court buses, and then it goes to Kuwait. But then you come back to go to this court and I gave it a good days to go. And then Boston. Q. It so back and forth, back and forth, which is important for a ultimately. Yes. So yeah, kind of. But we always encourage them to give their input because they know the best. You know what happens in back and actual core. But yeah, these are all we kind of I almost to me coming on the fence and I mean just I'm just a little waiting to see what the customer was seeing where I literally was like does the customer. Yeah. I see that the customer notice that I look. Yeah. So they see other customers that this is what I need to see. And if I do it, it's not a good experience. I can make them understand. So. And that's going to be good from there.

[00:45:18] Okay. So basically, if someone as that is what you're saying is that that you would not let go of any pain, then you have actually if you're totally satisfied with it.

[00:45:33] Yes.

[00:45:37] Have you been obsessed with something?

[00:45:43] Obsessed.

[00:45:48] People say I'm obsessed with running with work, but I don't find myself in offices because I do because I like it.

[00:45:58] I feel it makes sense. Have you ever lost interest in anything that you really liked? Oh, just lost interest in it.[00:46:06] Not that it will happen to me because it is like just serving water. I was in a fitness and I took up running now and I'm your lover. So, yeah. Keep trying. Different things, right? Great set goals accordingly. So that's why I keep motivated to go near town under Craig Long. We have a place in the same line and play cycling as well. Women, maybe. So next year? [00:46:37] Yeah. No, I'm not. I mean, I never left anything and I never left anything. Half done. I'm not. I don't remember doing that. Okay.[00:46:48] So you have overcome setbacks, as you say right now, and you have finished whatever. Good. One of the picture is coming back to your concentration.

BB: Will you concentrate on whatever and a particular decision that could take about how long?

TT7: [00:47:10] Well, if it's been personal permission or anything, it was no, it just for me doesn't make sense. And so it goes boom days. My team is finally running game. We have since we have gone through all of it. We know what needs to be said and everybody sets the goals. But the way we fund the Saturday, I think the goals are different because we stand if anything. But and event is not a thing that we can do. And we don't we can't learn to say that the rest of the week. We have to make sure that you get your own and you got to make sure that, you know, you may have to follow different regime than others do. Yeah. Professionally. Professionally. If you ask me personally, I'm always on the move. Like I said, let it be that I didn't see that I could recreate reality. And there and they told me they were going session is always happening. Be there.

[00:48:14] So let's put it differently. Has it when do you lose your concentration? When do I lose my mind?

[00:48:25] Maybe when I'm drunk, coach. Right. And that would happen. [00:48:31] We were 16 months, months and six months. I didn't mean much. So if I have this MBA. Yeah. Yeah. But once in a while, if I'm late today and I'm working in doing that, then we dig up the old and we go up. Let's go out and drink. [00:48:51] I can see that after same question to both of them, they would have said, who are you?

[00:48:58] Because we can't afford losing confidence in our lives now, only measure. So we have to do all these things.

BB [00:49:08] So say you are concentrating. What are you saying?

TT7 [00:49:12] That you are concentrating and you don't dig a gap between you and your gap is your sleep cook and you sleep soundly and then you wake up next morning and you're concentrating again.[00:49:25] Go to sleep. Yes.

BB: So what time do you get up and what can people do?

TT7: [00:49:28] Can I sleep by 9 9 dovish on up by 5:00 a.m.? But like I said, I'm in bed fully. Next one I will. So the fact that you do 630 think so? Yes. But the train starts the great pause and then play again. So I take some time for me to decide what will I need to do? I don't want weekends. It's one of the lines. So that that said, yes, you can work out a little time off.

[00:49:55] So it's about eight hours of break in between everything. You can see that. Yeah.

[00:50:00] So how many times have you not have this? A DAYBREAK gift stretched yourself to two nights or one night for two days at a stretch.

[00:50:12] It never happened provisionally. But since I go early mornings, I found sleeping in nine dirty dames on weekends or when events. I get them back to duty and me up because I believe the restrooms or to give a damn. I don't get to just go. They're just gone. All right. All right. So I'm going to eat before I leave for the event. Yeah. So, yeah, those are the times when I thought that would be how many times in a row it was was this month. It was once last month. I think every month. Or twice. Okay, so once or twice I just been a little bit uneven. Yeah. Yeah, man. Yeah. OK. So do you think you're a hard worker?

[00:51:00] Yes, I do feel that might work, but I know I'm doing it.

[00:51:04] Are you diligent? Yes. Okay. Now, coming to the.

[00:51:10] You said during your day right now. Ben, did you study? I studied you.

[00:51:16] I to tell you, the exercises when I broke went back to the lake for folks. That is which I do every day. That helps the morning in the evening. And then going back into your school, your classroom is for free. For everyone who's in high school, it was just one day. But then we thought, let's kind of extended to all the people in life. So it's been six months. Yeah. Okay. And it's once a week. Twice a week. Twice a week. Yes. Yes. For how long? One hour. Oh, yeah. Mondays, Wednesdays and Fridays. That's gonna happen tomorrow. Yeah. Okay.

[00:51:59] So why does this happen. For how many months to have.

[00:52:04] Four months. Don't know the exact duration, but I'm trying to know more.

[00:52:11] I think December so often means it's almost a year. Yes. Yes. Yes. Six, seven months. Six, seven months. I think so. And you have been running for seven years. Yeah. And this running takes almost one out of day every day.

[00:52:28] I don't run every day. Every day I will call them. I know I will be in the gym or I'll be doing you here. So I know if you go and when I do so on Mondays, Wednesdays, Friday, you go Tuesdays and Thursdays is Saturdays is long run early mornings and then Sundays in the gym. [00:52:54] So if you put an average number of hours that you're running and divided by seven, divided by seven, we can running around three hours, four hours and in better for us.[00:53:12] Yeah. For others. You might have to let yourself up it on half an hour and 20 minutes. I think that's okay.

BB: [00:53:21] Did you know that running is actually can give you the same outcome as basic meditation also?

TT7: [00:53:32] Yeah, it does. Yeah. I'll tell you what I mean. So anything that you do, you get in that trance phase and then you're on your own. You just can hear footsteps and be a pretty good dog.

BB: Do you feel failure? [00:53:46] So, yeah, I guess, you know, it's scientifically. It is. Okay. Okay. This is what I'm saying is after all the scientific evidence of it. Yeah. So there are certain things called health enhancement programs under which we define claim being running painting.[00:54:06] Now all these fall under health announcement. Even even nutritious food. This thing. So all of these things, cycling, swimming, all of these things, if you do them regularly daily. I asked Aboriginal get in the country because if you do it regularly for 20, 30 minutes every day, you will get the same brain transformation occur as what you will get when you meditate.

TT7: And meditation, you know, it's generally 20 minutes meeting. That's the minimum that you do. OK. So you get the basic transformation would be the same. [00:54:45] So say to today he starts running, B starts fainting and he starts meditating on the same day the battle begins and they do it 20 minutes everyday, regularly. OK. And then if you take an electron, some of Gaddafi off your brain would get the same result. That's because the brain is a muscle and it trains head. Okay. So just like you train your body, you train your brain. So that's why I asked, do you think how long can concentrate? What is your braking then? How long can the concentrate? For the seven years I've been running that it would fall into an intermediate meditators. OK. So in meditation you have been nuts. Audience experts. OK. So anyone who crosses the five thousand five hundred eyes becomes a god. OK. So there's that include books on this.

[00:55:44] That's where. So that's why I was asking your questions and quantifying it. Oh, you get that? OK.

[00:55:50] Ok. Thank you.

[00:55:52] And as you and these other challenges of the activities of your visit, ego does give the challenges which can be built in law too high. You can think of law, delay all you can think of zero to name on. Not at all. And very much so. It's as you want to think this is the choice you have of thinking. All right. And the questions are here.

[00:56:22] We'll get this also. OK. You not know. OK. You know, maybe they might try. So these are the interpretations to it. OK. I should be getting my soon. Boy, you should be leaving.

[00:56:34] You know, this is this entire thing is a good assessment.

[00:56:40] Ok. And we give one point, improvement and stick done there.

[00:56:48] Ok. So it does. This one was was this activity important for you?

[00:56:52] Ok. Yes, very much.

[00:56:56] What are they doing to others? Yes, you need. It's important to me and to others. It's you. The best thing we can be anyone again. We don't. Thank you. Think of it really just for me.

[00:57:10] I would like to say it's too little, too high. It's not something Ms.

[00:57:24] I couldn't be, I couldn't or all of this to be a mountaineer.

[00:57:30] Well, he's here. It is seem language and measuring something else meant it. In this meeting, this activity or without this activity you do want to do something is instead of entirely. Would you like to be doing something else? The body is good. Good therapy.

[00:57:47] You open up and I don't. Not a great talker as such. But if you ask my way, she like she didn't. She has to actually call my name on to see them grabbing it. Yeah, I'm home. I'm not home. So. Talking is good. Well, he says first of all, how important was it to in addition to your own clothes. That's good. If you had a choice to do that. OK. One would think in doing it. This is in the activity is not just nice.

[00:58:21] But if if you had not come for this interview, would it have been OK?

[00:58:27] And then with deference to the developers. Okay.

[00:58:31] It's getting recorded.

[00:58:33] And that will be kind of testing the solution and feedback.

[00:58:46] How do you consider yourself as a leader, a manager? Well, first of all, do you think you were a leader or a manager?

[00:58:56] Oh, I think I know I was on its own today. I said underground stuff. If you like, if you go to the airport, there's a doorstop there. And they actually, you know, kind of helps the airplane. Oh, well, wouldn't the pilot. He has to get in there and go in on it.

[00:59:16] So I like that. I don't want to down stop. I want to do that. Ground stops work to make sure you tune in to everything that's happening here. So if you ask me if I'm a leader, you might have lost my pillars that whatever I pick up. Yeah, I do. Kind of, you know, like I said, I mean, you know, a name. I think a lot I come up with different ideas, therefore, and I see that getting implemented. I see people getting companies with that idea and they argue it word and no dying.

[00:59:48] So I like that. And I think even when I was an IBM, I was given different teams to, you know, like we had even IBM, we had different.

[01:00:04] You build your own work, you primary work. But you were free to pick up some other skill sets.

[01:00:12] Did you want to pick up and you were given opportunity to leave. So I just took that. There's opportunity that I had in IBM and I was happy again, giving people the different people who never make school. And they were happy. And WB came on with resumes. And even, you know, we had a game in IBM, except we had sports are getting there's a slide there and you got to one. And I've learned a lot of tell you wins that I've done in past. Yeah, I've done that. And I like doing it every now and then. And but I've kind of been I would say, yeah, definitely unlike lead, we can get in there. But even for you that to be holding enough to make decisions, got to make sure the team dynamics are good and every team member is responsible or accountable for their criminal activity that they do.

[01:01:14] And they do it after getting beat up to being convinced that this is something good. Deadly. Yeah. Yeah. And then it comes a part of the living activity to push down the devil's hand talking.[01:01:28] One is you said you like to sit back and look at your trophies and medals. What exactly is the feeling that.[01:01:39] The reason I look at those trophies is because I follow a lot of runners. And and when you look at their trophies, I just have a one. I do have one movie on the bottom, like two bars and a nanny. My name is on it, but I follow some other drummers and you've got like was half metal boobs.[01:02:02] And mainly, you know, when I look at them, I think one more and then one more and then one more.

[01:02:10] Okay. And one more thing is, you said that you can't sit quietly and meditate. You just can't imagine. There's nothing I can do that. So. Today when we all sat there studious.

[01:02:25] What are you doing? So you wanted to go all the way, Anderson.

[01:02:30] Let's do it. No, I just don't know. I was going to have to do. I tried to do. But did I do some time running my mind?

[01:02:39] Okay. I said, well, I'll give you one small try. If that is the technique, it's the perfect technique. The lane on the floor walk with each foot like this. Okay. Concentrate on yourself. Gentle falling.

[01:02:57] Do that. That's that is a meditation technique. OK. So since there a lot of people who can't sit and do so, there's a lot of domains. OK. That's right. Another one is video eating.

[01:03:14] Put your entire attention onto the food. You go to the leg. If you're picking up roti, tearing it into pieces, picking up the peas, dipping into now or never having it, chewing it. Eat two that do make each by duty and eat to literally just warming it. OK. These are all parts of what? Meditation techniques. So these kind of things usually help with a restless mind. OK. So you know, your mind is not actively restless, OK? It is basically pretty calm for you to be able to gauge things around, do you know, because you're present for them before they're talking to be discriminated. But to get to be able to sit down calmly for some time is also a lot of good because your mind should be able to do nothing for some day. As I say, to have this trend running constantly, it should not happen. You should be able to get that blankness, that trance. That is because when you're running, you should be able to get that once in a while. OK. This. This is the difference between running and meditation law at the basic level. It will look like once we cross the next level, you will not be able to get that kindness. So that is where these techniques are useful. One more is you take a delayed, can you get the feeling.

[01:04:55] So you're still doing something. But what you're doing is you're giving your mind a task to do rather than letting it become to become no, because your mind is liable to become despite getting into makeup. So again, today, Vinay was saying, and I'm going late, focus on your brain.

[01:05:12] It's very difficult for some people to do because especially if you're in a high pace walk and you have a lot of work on your hand, your mind is monitored. But that does mean exactly the opposite is needed. So try these three and level do OK, but really consciously, then you should be able to do that because you already have that. So you're getting it into reasons, having each piece very short of homeless on the her.

[01:05:45] Thank you so much. Thank you for your time, uncle. Thanks a lot.

[01:05:49] As we said.