

IAA Board Room Conversation with Mr. Shayamal Vallabhjee

Sports Scientist, EQ Consultant
and Motivational Speaker



11th October 2017, Mumbai

The IAA hosted Shayamal Vallabhjee who addressed 15 youngsters at the Madison Boardroom on 11th August 2017.

Here is a synopsis of his keynote.

1. **The Regrets List:** Everybody talks about list of goals they want to accomplish in life but no one ever makes a Regrets List. Imagine yourself 20 years from now. List down 5 things you think you will regret & work everyday at making sure they not going to be on that list.
In my experience, not a single person who has ever made a regret list has had 'to making enough money' on the regret list, yet it is something that governs everything we do everyday. The Regret List is meant to spotlight our priorities & help us channel our energy towards to things that mean more to us. If you focus on the Regret List & knock out all the items one by one, the quality of your life and your relationships will be significantly enhanced and money will just become a by product.
2. **What is the difference between Win At All Costs vs. Win When It Matters?** He shared a personal story of Mountain Climbing. After 21 days of climbing, he was faced with a situation where he was only 100 meters away from the summit but ran out of rope & the weather was changing. He could have risked attempting the summit but chose respect the risk and turn back back. It is important to have the understanding and awareness of which battles are worth fighting and at what cost. Attempting the summit would have put his life and everyone in his team at risk & because he did not look at this summit attempt as a single milestone he needed to achieve but rather one of the many milestones in his quest to live a fulfilled, happy, healthy life, it was easy to make a decision like this. Choose your battles and respect the challenges. To win, you must be prepared to lose.
3. **Controllable vs Uncontrollable:** The best way to make clinical decisions when faced with a problem is to write down the variables/ factors that are in your control vs those which are not. After this, make a conscious decision to wrk on only those in your control & not let those out of your control affect your mental and emotional state. Most of the anxiety people deal with are directly related to the emotions from situations out of their control. Doing this exercise will allow you more clarity of thought and enhance your ability to focus on tasks that could potentially change your fate.
4. **In the world of sports margin, the margin for error is minuscule & the penalty for failure extremely high.** Most athlete practice day in and day out knowing full well they will never become number one. The difference between position 1 & 2 in sport is generally quantifiably less than 0.5%, yet the difference in potential earnings could be close to

90%. How is it that they are able to practice & give everything, everyday knowing full well it may never be enough? In this regard, we use the Power of Self Transcendence. We align their personal goals to a purpose far larger than themselves. When you working towards something that has a far bigger impact, it becomes easy to move the mundane issues that may affect you and focus on what needs to be done. Aligning yourself to a purpose bigger than you is the best way to focus your energy and drive yourself to achieve things beyond your own considerable expectations. In the world of business, I rarely people employees who understand their purpose or have been able to cling their daily jobs to a purpose far larger than themselves. This is why they get distracted by so many peripheral issues. It is a fact that organisations who are purpose driven are far more impactful and have employees who are far happier. No body wants an easy life, but they want to feel part of a bigger cause. They want to contribute to something and know they when the needle is moved forward, they helped.

5. Organisations must become purpose driven to motivate employees. Martin Luther King, Jr.'s famous quote "If a man has not discovered something that he will die for, he has nothing to live for."

One of the attendees asked a question Mr. Vallabhjee, How do we find purpose? He said by asking yourself,

What you are passionate about?

Why?

What do you care about in life?

When you answer these questions, begin to align these answers with everything you do.

He said, he was born during the apartheid era and witnessed discrimination first hand. It affected his life so much that he has dedicated his life to fighting all discrimination though the medium of sport. He wants sport to be truly non discriminatory & devoid of all race, gender, political, social, cultural and ethical bias.

Mr. Vallabhjee ended the talk by sharing the story of his dear friend Vicky Roy who grew up on the streets & has now become a world renowned photographer. He said, our goals will need to constantly be re-aligned with time. There was a time when Vicky and I probably hoped and dreamed of something far smaller than w have achieved to date, but we overcome challenges, we realise our strength and its at this time that we should reassess our vision & goals and move forward. The beauty of life that is we constantly changing and the ones who constantly evaluates and adapts to these changes will become the one who truly unlocks his fullest potential.

