



Discovering the Blue in Red

Raj Nair – LIMC 2013 (Ohana Batch)

Date: 11.12.2019

Leadership Institute Master Class – Virtual Conference 2019

No matter how long it takes,
it will get better. Tough
situations build strong people
in the end.

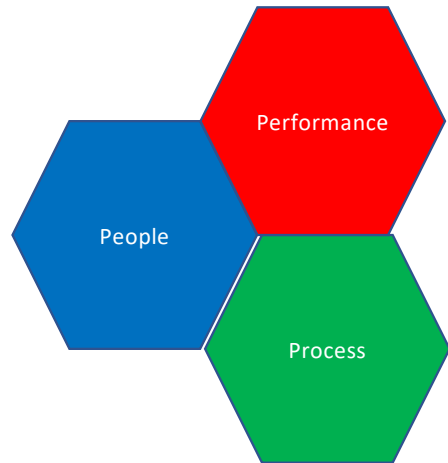


THE LAW OF
ATTRACTION

LIMC Virtual Conference 2019



SDI (Strength Deployment Inventory) Assessment



Commitment

Does it really matter ?

Who cares ?

Does everybody has the same level of understanding what commitment means?

A surprising conversation with a classmate during the first assessment **totally changed my thought process and new beginning**

Like my childhood freind wants to be a goal keeper all the time but fails.. most of the time too!

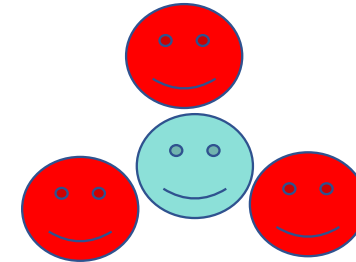


LIMC Virtual Conference 2019

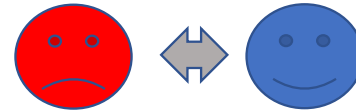


SDI Assessment

- The group formation squeezed me into not one but among three «Reds»
- We finished our first discussion in less than two minutes
- I was sweating like anything. Reds connected but wondering what I can do for them and what they can do among themselves
- Learned a lot to speak up. Slowly things started changing and build the trust
- We build a project about Volunteer Leadership together - Stakeholder Analysis and Business Analysis



SDI Assessment



- Red Meeting Blue
 - The only Blue in our class met the Reds one day, when we were wrapping up the class
 - Surprisingly blue can easily connect and also when we look deep inside to the Red, they are too soft. They are very emotional too!!
- People are different, style, objective, goals, operational differences. It all depends on how we blend with the other people. How quickly can we understand them? Interact with them? Share values and respect?
- Reds are Reds, we can be one among them. We don't need to live as disconnected with much pain once we understand the differences





An arrow can only be shot by pulling it backward. When life is dragging you back with difficulties, it means it's going to launch you into something great. So just focus, and keep aiming.

LIMC Virtual Conference 2019



Reflection

Morocco2012

- In one of our sessions, we were let go out of the classroom and start freely thinking with no objective or goal. I would say this was one of my critical turning points. To take a break from planning, egos, agenda, to do list etc. Let mind totally go blank , relax and go deep into the roots and sense your own inner strength and peace.
- I would say it's so rewarding. This picture was taken at that moment and this experience lives with me everyday when I'm stress out in my work and family life. We don't need to stress out at the end of day, it doesnot really matter. What is meaningful to you in long term is that all matters.



LIMC Virtual Conference 2019



Reflection

- Goal Imagery - Writing a 5 to ten year goal imagery. Developed a tool for self assessment and tracking
- 5 min daily assessment - Another habit developed in Chicago cold weather where I need to warm up the car . Stay in the car and think about 5 min everyday which releases the stress
- We all talk about lesson learned, retrospective , continous improvement but it's in a simple setup a few minutes for self reflection is that really matters for your own well being and leading a happy life.



Pursued My Passion

- Training/Mentoring ~500 students of the age 7-17 yrs in communication and leadership
- My entire family is involved



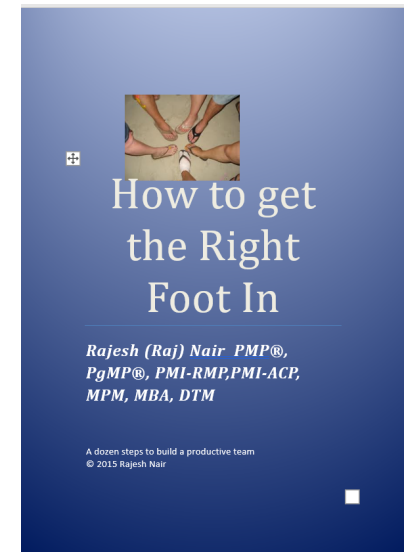
LIMC Virtual Conference 2019





Rajesh (Raj) Nair PgMP, PMI-RMP, PMI-ACP, PMP, MPM, MBA
Global Delivery Executive | Management Consultant | Speaker | Trainer
847-420-5107

<https://in.linkedin.com/in/rajeshnairpgmp>



LIMC Virtual Conference 2019

