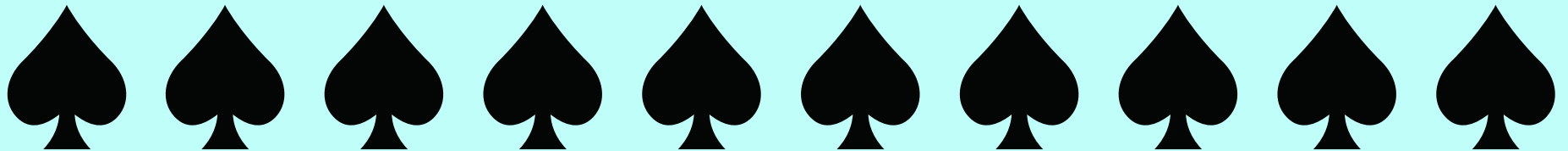


THE LEAST KNOWN TALE

Deepa Kadam



"I don't know Deepa. Who is Deepa?" A tale from 2018, when my colleagues unanimously voted me the 'Least Known'. In hindsight, there was merit in that perception, considering human interaction was not my top priority.

2018 was not a glorious year. It came with a host of personal and professional challenges. The long travel from home to office was time-consuming. I found myself lost, with no clarity on my goals or my future. I longed for a physical space to call home. This thought consumed me with no way forward.

Call it coincidence or destiny, this turmoil in my life synced well with an on-going group coaching at Cargosol. During a goal-setting session, the coach asked us to set short-term and long-term goals. For the first time, I put pen to paper and wrote the sentence 'I want to have my own space and call it home.'

In the following session, we were introduced to manifestation and the sub-conscious mind. At the break of dawn, my eyes would open to visualize a tour of my dream home. The coaching sessions were the kick I needed to keep working towards achieving my goal.

Cargosol is a two-decade old organization but with new age thoughts and walks with time. It introduced Coaching as one of the tools to help its workforce optimize potential. I went through the coaching curve with complete commitment and trust. It is through the coaching sessions, that I broadened my self-awareness. I learned to accept my current realities and work towards making my future desired reality. I kept an open mind to experience the metamorphosis.

The coaching tool gave me roots and wings, now there was no looking back. I can recall a series of episodes that old Deepa would find uncomfortable. But as they say, 'Change is the only constant.' The Deepa who confined herself to the four walls of her home and office, was now boarding a flight to Singapore all on her own. ([#HeartTale13](#)) To everyone's surprise, I embarked on my first international trip to deal with business meetings.

A middle-class girl, with a humble beginning was now beginning to blossom. Cargosol's in-house Transformational Coach once asked me 'What do you have now?' And it occurred to me 'Deepa you are a blessed.' This affirmation rings in my head on a loop. I am blessed with a formidable team, a blooming NVOCC division, a supportive management, and a motivational coach.

'Everyone needs a coach' said Bill Gates and Eric Schmidt. It is time to bust the myth, that coaching is for underperformers. It is quite the contrary. Coaching is for those who carry potential and a growth mindset. It is the tool to help us translate our intention into action.

Coaching at Cargosol helped me build my identity. Ask around now, who is Deepa? She is an independent, empathetic, people's person. 'Powerful Woman Leader' and two-time 'Ace Manager' winner are merits to my name, that I accept with humility and gratitude.

This week is dedicated to International Coaching. I express my gratitude to Cargosol, the management and Ms. Stalgy Muliylil - our in-house coach who helped me carve my Best-Self.

Coaching is a powerful development tool! From being the 'Least Known' colleague to being recognized as the 'Ace Manager,' it has been a transformational journey.