Impromptu!

“If you are offered a seat on a rocket ship don’t ask what seat! Just get on” This is what Sheryl Sandberg thinks and may be because of the same she is the COO, Facebook. She is one of the famous leaders, I admire. I have named this category of the women as ‘women of will’, (WOW). Some day I will also be one of them, is what is keep telling myself.

Few days ago, when we all were experiencing the ‘world lockdown’ and that to in true sense! Everything was locking down, even mindsets! One of my friends asked me to join toast master. And without thinking, I took up the seat in the rocket ship off the cuff! Impromptu! In this era of storm of social media and social distancing, at the same time, and with this extraordinary swift break to the change, I genuinely think my ‘impromptu feeling’ are the only real, undiluted feelings left with me.

By now, I have attended few meetings of TM, and participated in one of the table topics. Again impromptu. Speaking out without much prior thinking on the topic on the screen. 1st couple of seconds I felt, this will again be the reptation of the blackout which I always feel in front of my eyes while speaking publicly. And as expected, I felt it. Could not see the screen, could not see my toast master friend who suggested me to join. Few seconds of nice, cold swing. But suddenly some words came out of my mouth, but for next few seconds I was still in the dark. All by myself! No one around, I was watching myself through the camera on my PC, like I am looking in the mirror. And guess what, I found the light. Next one and half minute I was speaking to myself on the table topic given. And when I done talking, I realized everybody in the meeting was watching me too. The table topic master was praising me, was appreciating the points which I put forward. In the end I was happy, I made the right choice.

After the meeting while I was thinking, what happed exactly? Today, what was new, that I found in myself? The topic. Ohh !!Please, the topic was ‘Plastic is not that fantastic’! What was it then, forcing me to speak? I guess it must be some frame, or mindset which was broken, of course by me only. Who else can enter in my mind and break something! May be a block to the vent of the thinking pattern, which was probably blocking the system. Blocking the communication of the mind and brain. Once that frame is broken, one can observe oneself from outside, with a new clear frame.

One can accept. May be 1st fer seconds I tried accepting myself with the known darkness I always feel before public speaking. Then to improve, to enlarge the view of oneself. Now I believe, toast master can be a great platform for this future state. It is the right place, with right philosophy and right people. I am all excited about my new journey with ICC One club of Doha. For this week, my word of the week is ‘Impromptu’. What is yours?

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