

A photograph of a man, Xavier Augustin, sitting in a chair between two large, stylized puppets. The puppet on the left is a man with curly hair and a suit, holding a microphone. The puppet on the right is a woman with dark hair, wearing a light-colored suit and a red sash. The background is a wooden wall with posters and a yellow rope hanging. The man is wearing a dark blue jacket, light-colored pants, and a straw hat with a black band. He is smiling and looking towards the camera.

LESSONS FROM 2019

Xavier
Augustin

This year I connected more dots, expanded my sense of time, found a deeper meaning of purpose and started a journey into the most fascinating, unexplored and mysterious places - into my own mind and body.

Lessons from People: Milkha Singh Olympic Sprinter

"How would you like bid farewell to your loved one when you know you will never see them ever again?"

A tight hug, maybe?

Milkha Singh as a boy did not have that luck. **India's most famous Olympic sprinter** began his career in running when he actually began running for his life. He's 92 now and he never stopped running."

Fit as a fiddle at 92, here are some of his tips on health and life.

- 1. The stomach is the cause of all diseases. Keep it empty as much as possible. (He's 92 and goes for a jog everyday)**
- 2. Your destiny is determined by your hard work, willpower and determination. (His life is proof)**
- 3. If you want your kids to succeed, you must be very involved as parents. (His son is a professional international golfer and the winner of the Padma Shri)**



Jan 2019

Lessons from People: Shoiab Malik Pakistani Cricketer

- Sitting and chatting next to him for a dinner I wouldn't imagine how simple and down to earth this great sportsman is. **He exercises no more than 20 minutes to keep fit.**

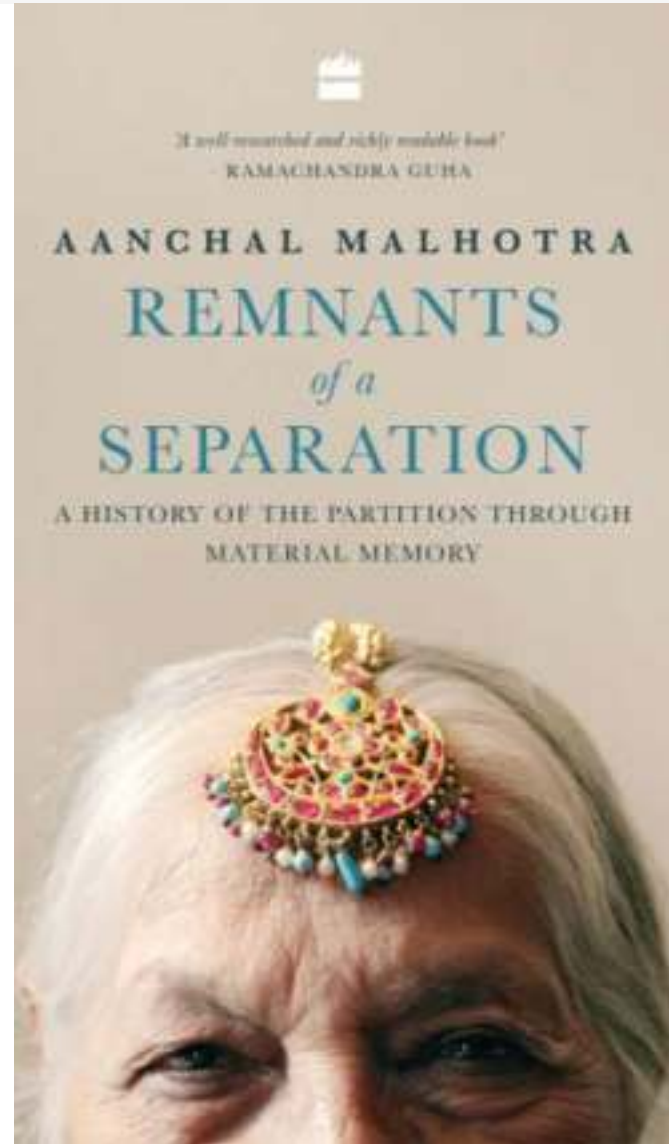


Lessons from People

Aanchal Malhotra

Author

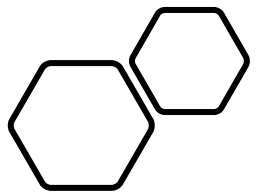
- **What object would you take with you if you need to leave or flee knowing well that you may never return? Would you take something valuable or something important?**
- If you have to choose between one item and it had to be an old photo of your loved one or gold jewelry which one would you choose in the scramble? It's hard to imagine.
- That's the central idea of Aanchal Malhotra's book "Remnants of a Separation".





Lessons from People Chris Rainier National Geographic Explorer

- Relived the joy of travelling and photographing with Christopher Rainier, National Geographic Explorer in Japan.
- When Chris was 20 he had the great fortune of working with Ansel Adams as his assistant for 5 years.
- Coming from a long line of adventurers, Chris's great great great grandfather Rainier has Mt.Rainier named after him.



Lessons from People Marinus and Liz Boers Adventurers

- I met this lovely and interesting couple, Mar and Liz.
- They travelled to the remotest corners of the world in their superyacht for 9 years. They would have gone round the world around 5 times.
- Later they shifted to a chopper and flew from Belgium to Canada and then all the way to Las Vegas. Yes, in a chopper! They would check-in into resorts in it. Truly Bond style.
- Life can begin late and retirement can be really long and so be prepared to fill it with as many adventures and with a zest for life.

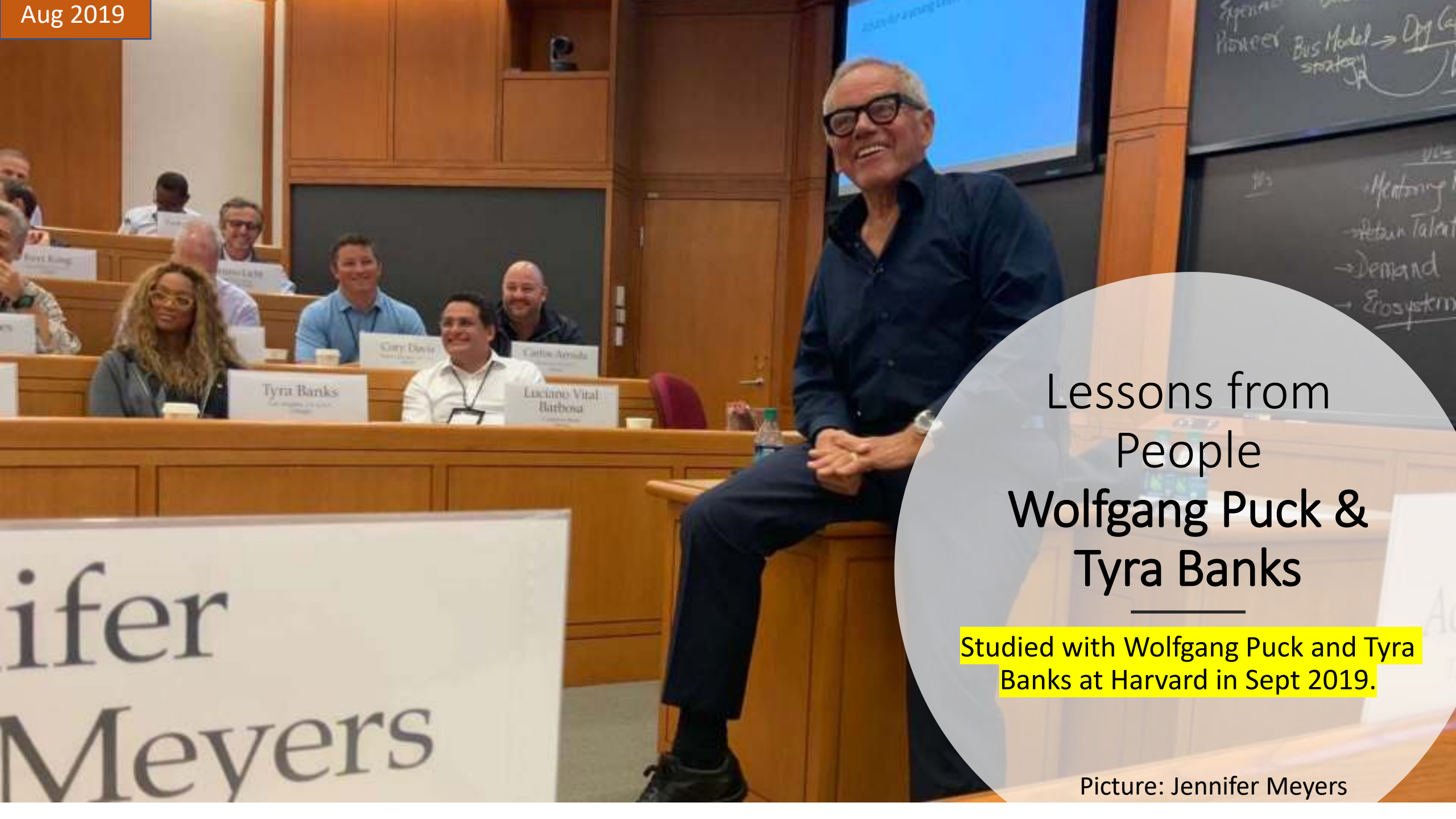


Lessons from People



- With **Harish Marwah of Marico** from whom I learnt lessons in **branding**.
- With **Rami Goldratt, son of my favorite author, Eliyahu Goldratt**. Learnt how we must avoid multi-tasking and create too many incomplete work-in-progress.
- With the **Jonas Kjellberg, co-founder of Skype** from whom I learnt that the competition is not between the big and the small but between the fast and the slow.

Aug 2019



Lessons from People Wolfgang Puck & Tyra Banks

Studied with Wolfgang Puck and Tyra Banks at Harvard in Sept 2019.

Picture: Jennifer Meyers

Nov 2019



Lessons from Travel: Experienced Japanese Culture

NATIONAL
GEOGRAPHIC

EXPEDITIONS

Understanding Japan: A Cultural History

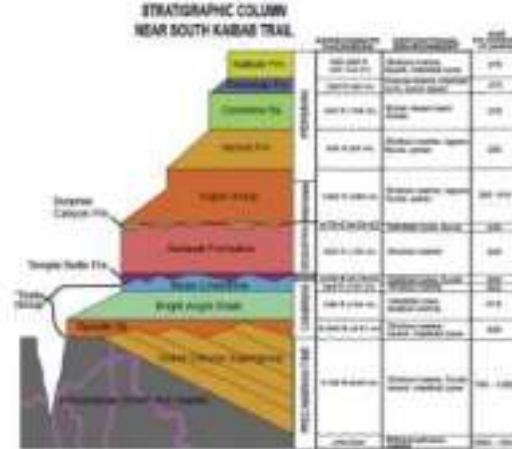
Professor Mark J. Ravina
Emory University



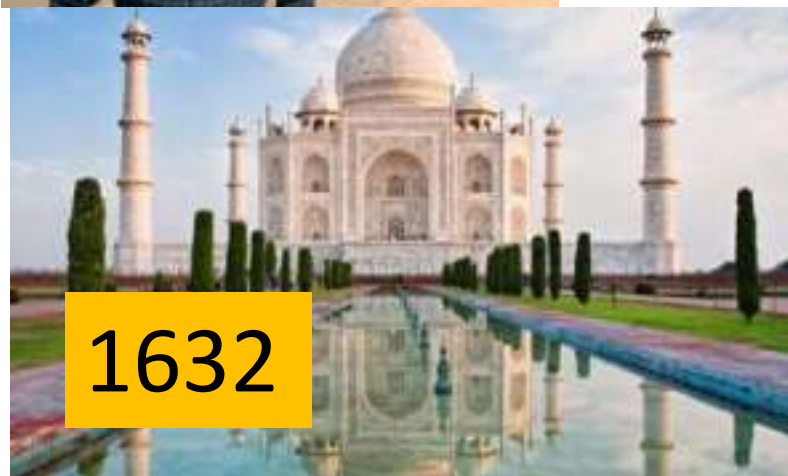
Rediscovered Japan and its culture with a deeper understanding thanks to **National Geographic Expeditions** with whom I travelled and an Audible course **Understanding Japan: A Cultural History by Mark J. Ravina** which I listened to before the journey.



Portuguese in Goa 1510



250 million years



1632



4000 years

Lesson from Travel: Feeling the depth of time

- When I first saw the Grand Canyon I never understood it. I never saw anything as vast as it. I knew there was something intriguing about it. **This time I knew what it was. It was time. You get to see time and space like you never did before.**

- Like the Grand Canyon, which gives me a perspective of time, Egypt gave the same feeling of time.

- This is time you can feel and see.**

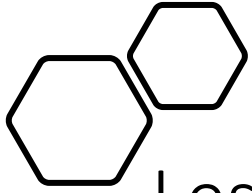
- My base year to view history is: 1632, the year the Taj was built. What's yours?

Aug 2019



Lessons from Travel:

How does everything in **Seattle** get so big? Visited **Microsoft** and saw the future of Virtual Reality; Visited the **Boeing Museum** and learnt how planes first started carrying mail before passengers and then checked out **Amazon go** the future of shopping



Lessons from Travel: Phoenix Cities

- Been to Phoenix in Arizona for the first time but I went to three other cities which should be called Phoenix cities.
- **New York** is reviving and some places are as glitzy as Dubai. **Warsaw** rising from the ashes of WWII and **Hiroshima** from the atom bomb show how resilient humankind is.

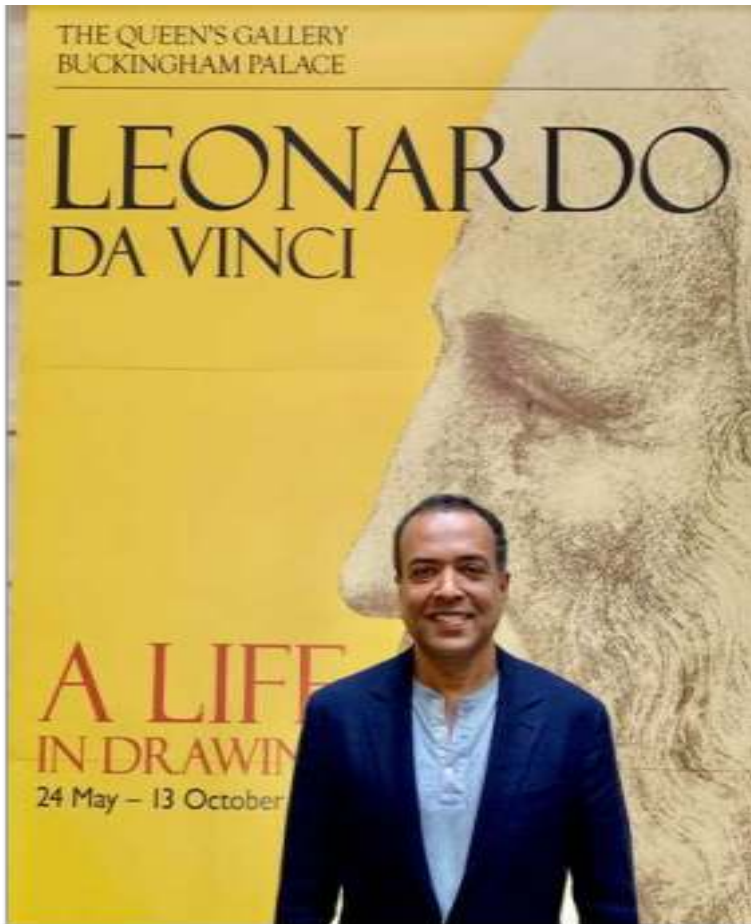




Lessons from Travel:

Compared sculptures of Mahabalipuram in South India to the sculptures in the Louvre Museum, Paris.

- Travelling allows you to compare and see how different and yet so similar are stories from around world.

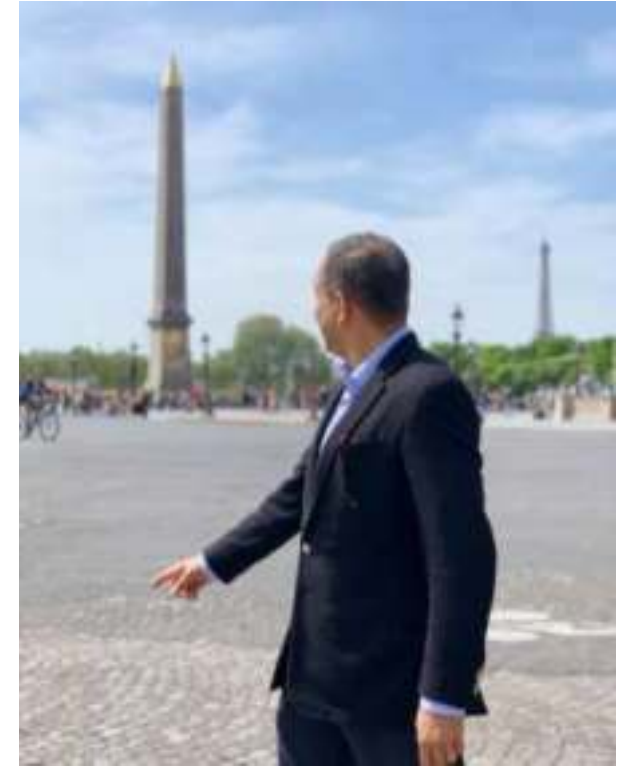
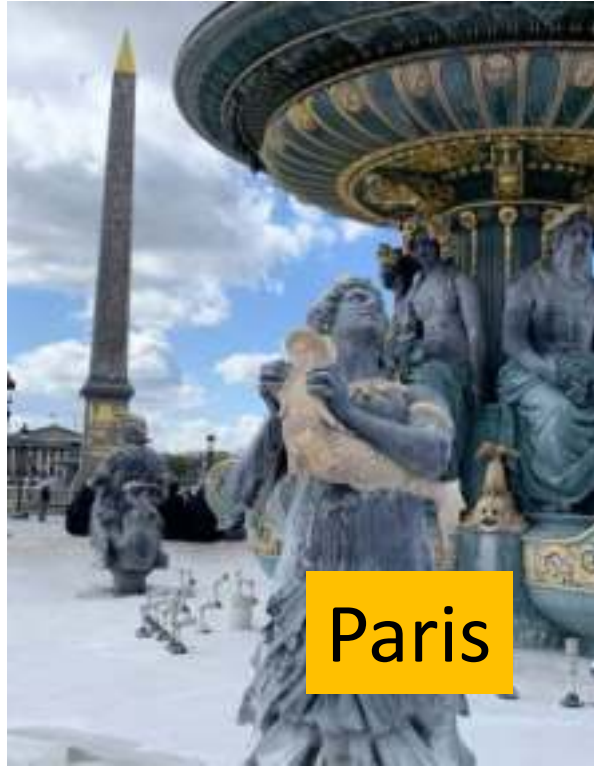


Can't get enough of Leonardo. Studied Leonardo's drawings at the Buckingham Palace's Queen Gallery, London



Many European and American museums boast of a treasure trove of Egyptian artifacts that are so well preserved and classified.

- Followed newfound interests from 2019:
Egyptology and Leonardo
everywhere I went - from London Queen's Gallery in the Buckingham Palace to the Egyptian section of the Louvre in Paris and the Met in New York.

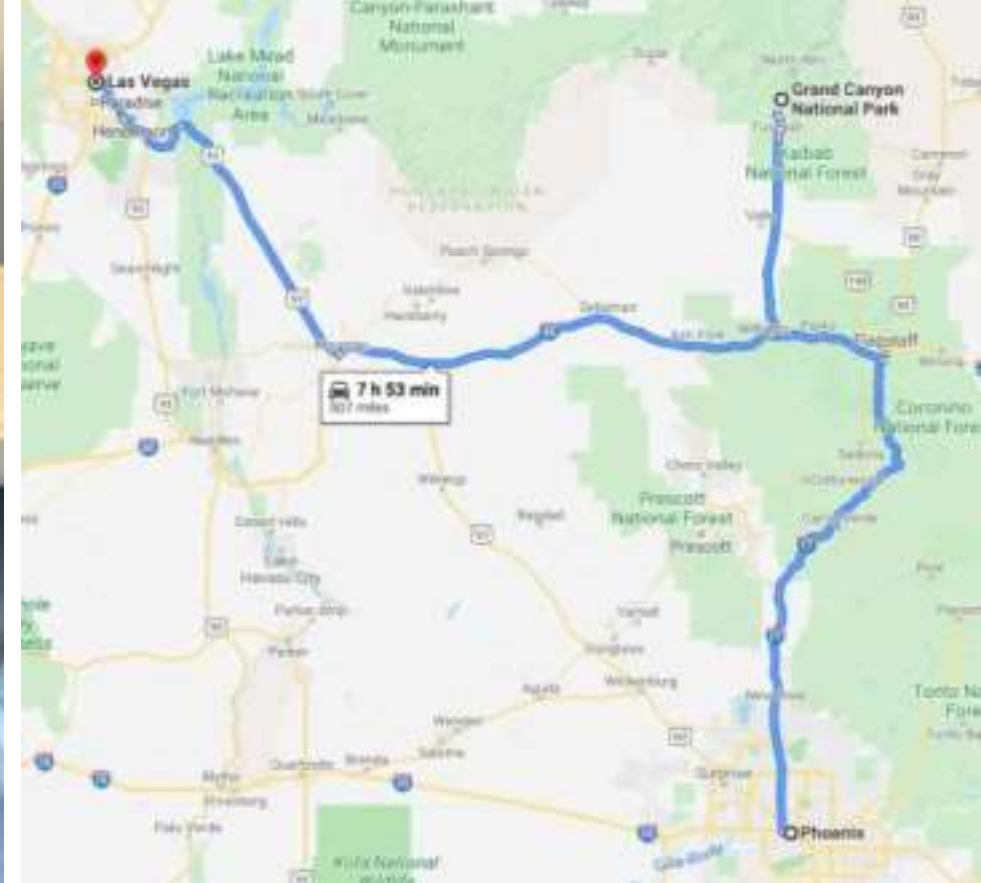


Lessons in Egyptology

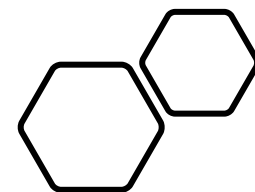
Obelisks: Lost and Found

- Fascinating to find how such huge structures as ancient Egyptian obelisk far away from its home. How it got here is quite a story. On one side is an obvious plunder of Egypt's heritage but on the other side is great engineering and logistics to transport and preserve this booty. Imagine the obelisk making it through the streets of New York blocking all the traffic. Its like the circus coming to town. It stands behind the Met in Central Park (very close to another exhibit, an entire temple which was gifted to NY for saving Abu Simbel). London has one that overlooks the Thames and in Paris it takes center stage in Champs Elysee. Okay, Let the French have it for after all they are the ones who deciphered the Egyptian script and brought an entire civilization alive.

July 2019



Lessons from Travel: Road Trips in America:
Bay Area, Phoenix, Grand Canyon, Las Vegas. Do the
classic things that build memories of a lifetime.





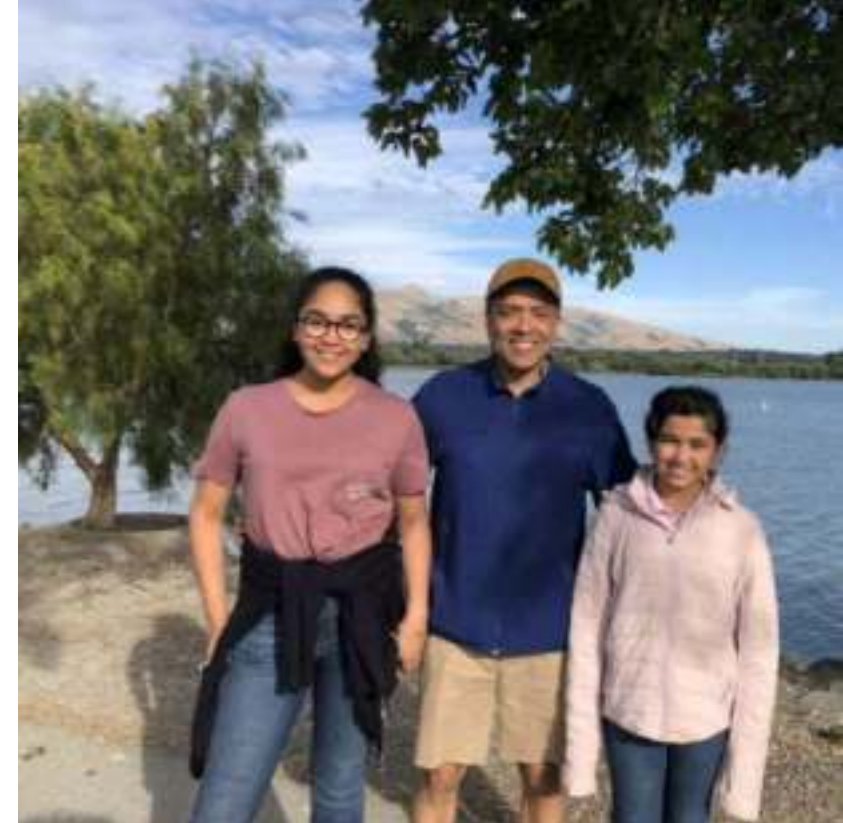
Lessons from Travel:
Camping in Russian
River, Redwood
forest, California

- New experiences: Glamping in a AirStream & watching the kids enjoy their marshmallows.



Lessons from Travel: A Harvard class reunion in Florence & playing Treasure Hunt in Florence. **A city comes alive when you look at its details very closely.**

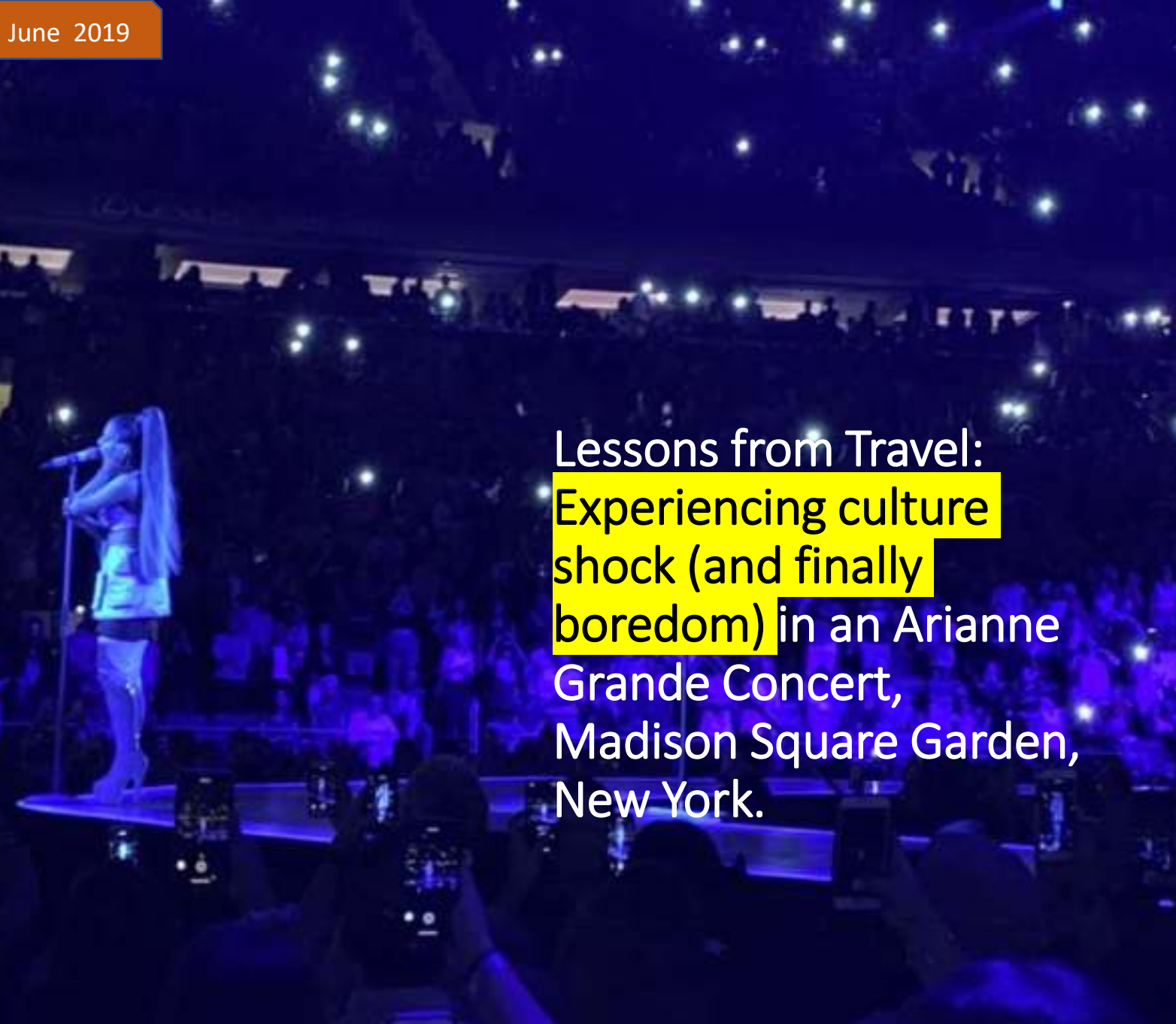
July 2019



Lessons from Travel:
Showing kids where
you started teaches
them to be grounded.

Taking my kid to my daily
commute in the **Staten
Island ferry** and walks in
Lake Elizabeth, Fremont:
Priceless





Lessons from Travel:
Experiencing culture
shock (and finally
boredom) in an Arianne
Grande Concert,
Madison Square Garden,
New York.





1000 Years of Jewish History
Museum in Warsaw



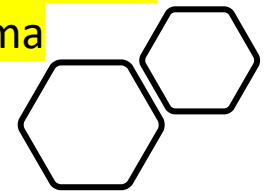
Boeing Museum, Seattle



Hiroshima Memorial Park
Museum, Hiroshima

Lessons from Museums

- Must confess I am a museum junkie.
This year the best 3 new museums
were the 1000 Years of Jewish History
Museum in Warsaw, the Hiroshima
and the Boeing Museum, Seattle.



Insights into Immigration

As a student of globalization, immigration and diaspora found new facts and insights in far flung places in Poland, Japan and Australia.



Learnt about the Jewish Diaspora in Poland at Museum of the History of the Polish Jews in Warsaw, Poland.



Visited the history of Australian migration at the Immigration Museum in Melbourne along with my colleagues from my Australia office. Australia and the world has come a long way to opening its doors to migrants.



Witnessed the affects of migration and declining population of Japan in a village where there were more dolls than humans.

Feb 2019

Lessons in Health and Wellness: from Kamalaya, Koh Samui, Thailand



As I lean towards being a vegan, I learned the power of amino acids in building protein. Now I munch on sunflower and pumpkin seeds and drink a vegan protein shake every day.

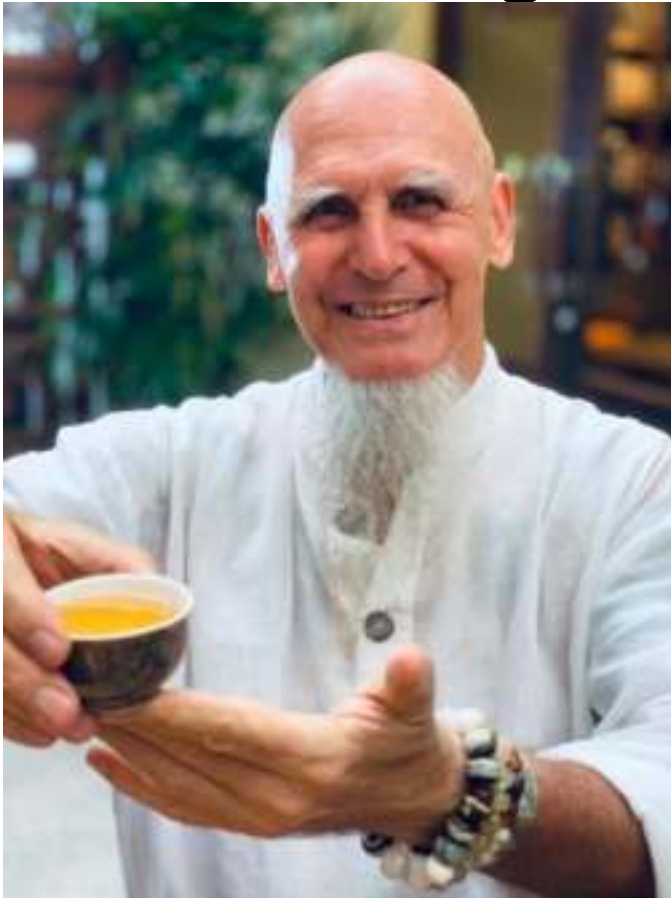
Food can be medicine



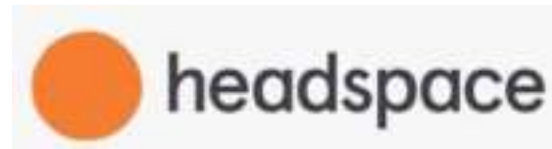
My breakfast now includes kale juice and turmeric shots.

Feb 2019

Lessons in Health and Wellness: Learning Yoga & Meditation



Began my first lessons in yoga and meditation at Kamlaya in Koh Samui and now has added it to daily exercise routine.



Lessons in Health and Wellness: Meditation

- The Headspace app introduced me to meditation and kept me hooked on.
- The narrator Andy has a way of guiding you and keeping you engaged.
- The biggest insight: Watching thoughts and knowing that you are not your thoughts.
- **The idea that we can disassociate ourselves from the mind and watch our own thoughts was a form of awakening.**

“
It's the thinking mind that wants to become bigger, better or special in the world. The other part, our awareness, has no such desire.
”

“
In distancing ourselves from negative thinking, we remember that we're not our thoughts.
”

“
Our identity, our storyline, is created by what we repeat. It becomes what we believe.
”

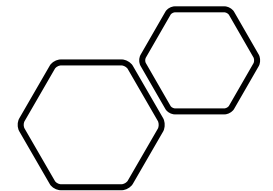
Aug 2019

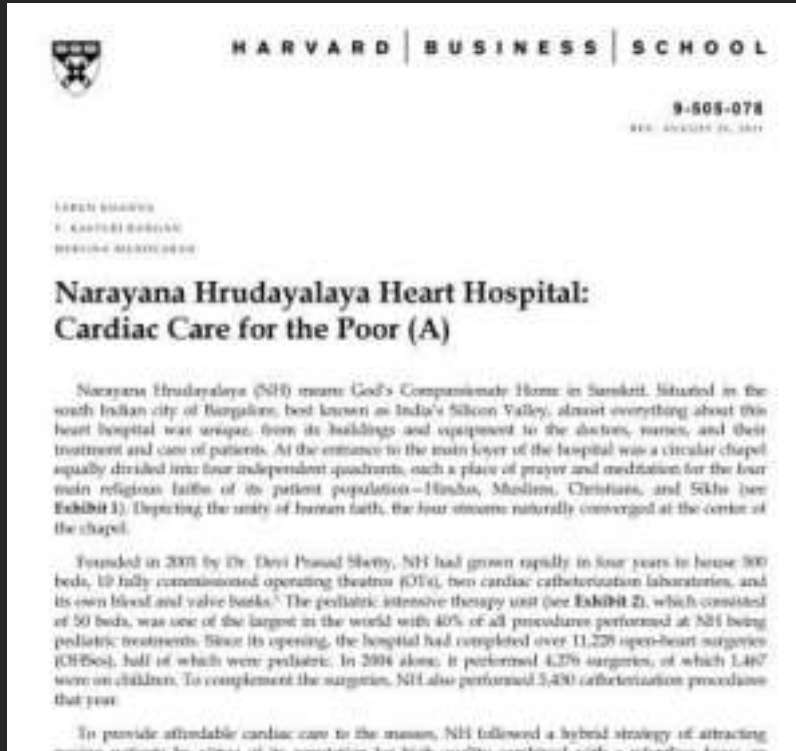


Attended a course on Blue Ocean Strategy at INSEAD, Fountainbleu, France.

Lessons in Business: **Be an eternal graduate** Harvard & INSEAD

- Attended OPM Renew at HBS. Privileged to study under renowned professors and with illustrious classmates.





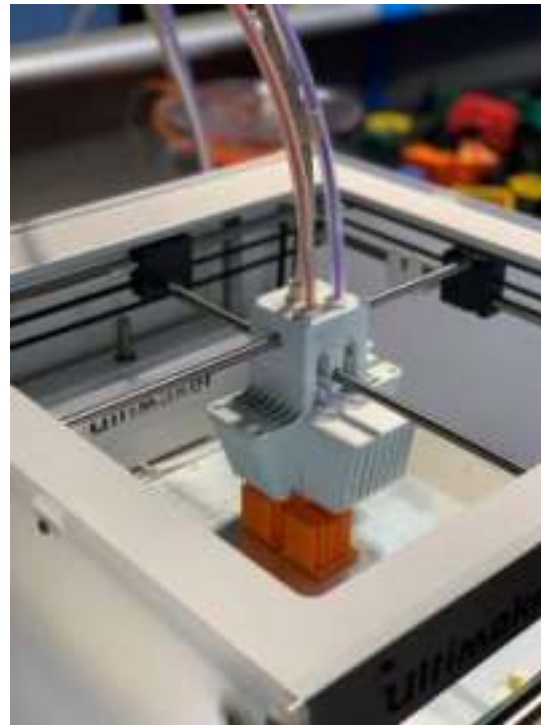
Lessons in Business: HBS, Boston

Learned about Purpose

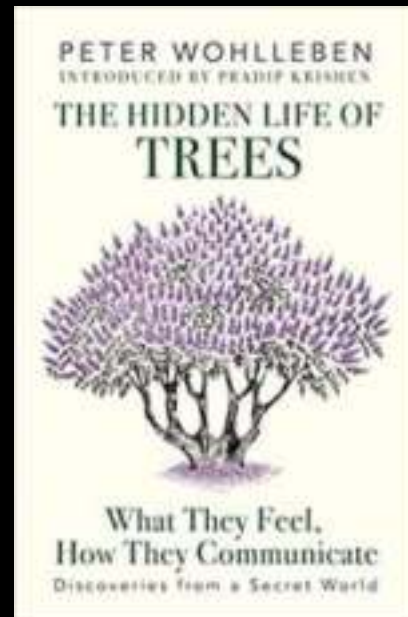
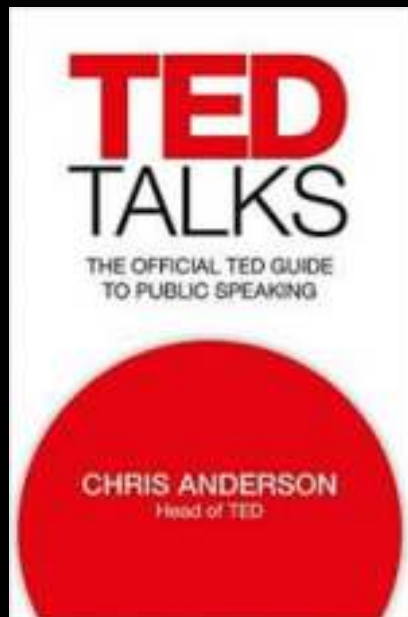
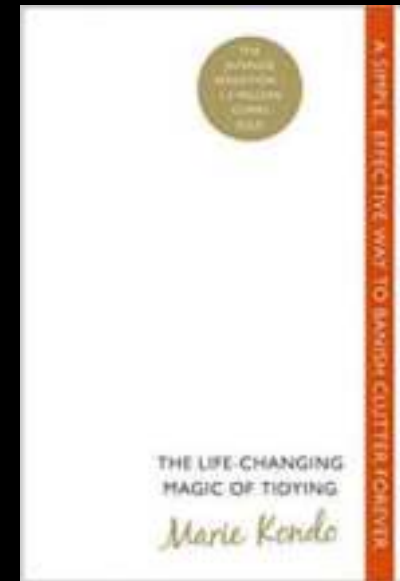
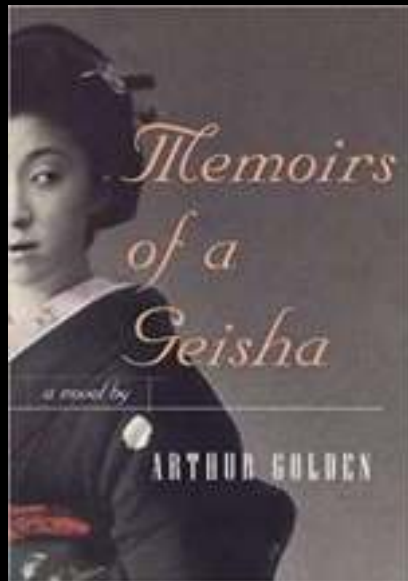


- This case study on Naryana Hrudalaya made me realize how purpose should be integral to the business model and not just part of a CSR. Business should be a force of good. We now have a clear purpose **to create Global Indians.**

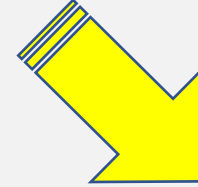
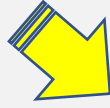
Lesson in Business: Understood what 4th Industrial revolution means.



Its all about data and connectivity. Watched all the latest tech in action at **BCG's Innovation Center for Operations in Paris**



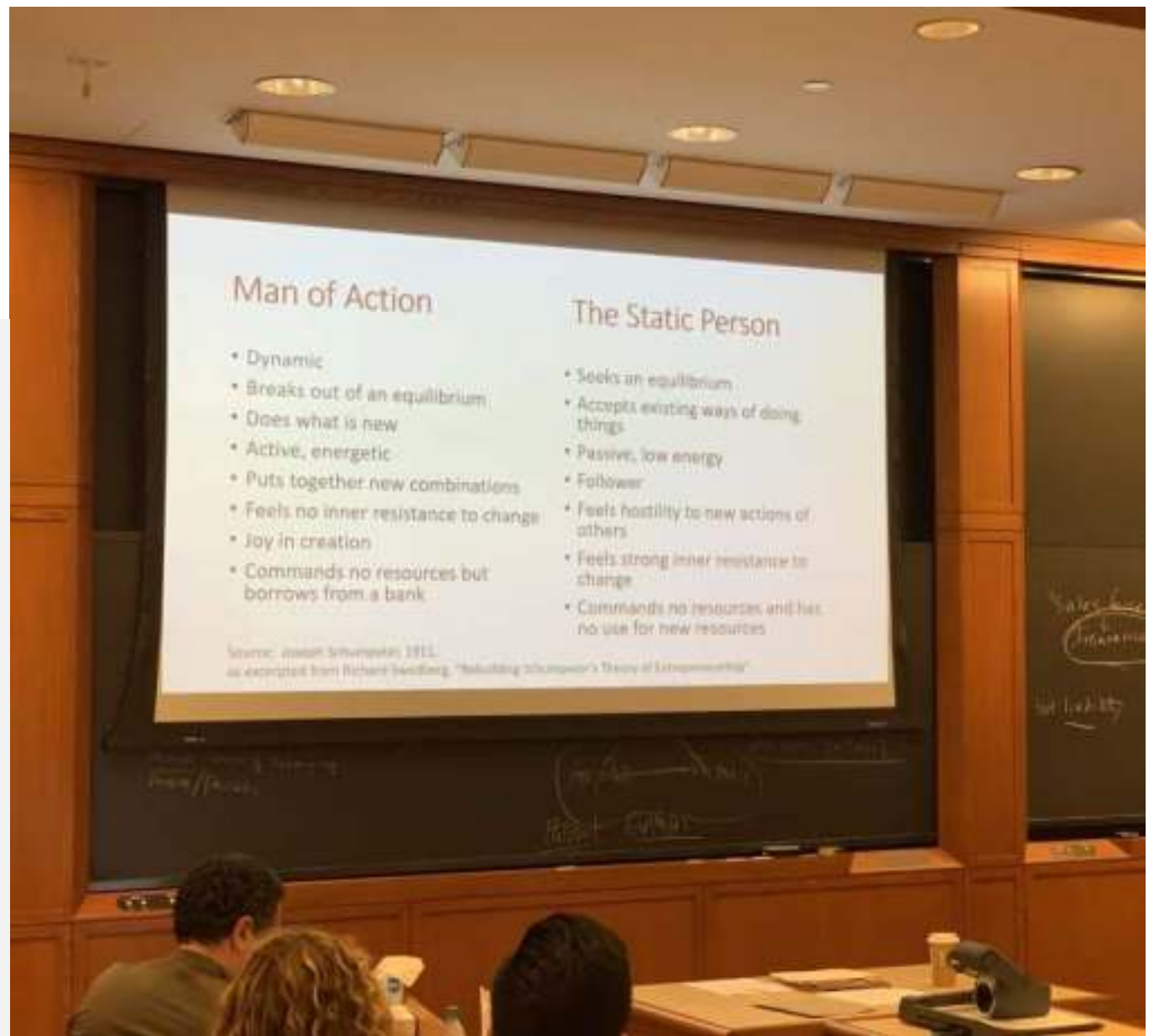
Lessons from Audible Books & Courses



Lessons at Work

- Moved from PPT style presentation to narrative style presentation in Word. Clarity comes only when you can write the full sentence.
- Moved from Mac to Surface Pro. Mac is stuck in the medieval times.

Takeaway for the year: Be a Man of Action



A class slide at Harvard OPM Renew class, 2019