

# From corporate mega-deals to crime thrillers: Mindfulness is key to unlocking your creativity

PHOTO: HTCS

**S** Venkatesh is a Mumbai-based author who has an interesting take on creativity and business.

He straddles multiple worlds as a crime thriller author, a strategic advisor to multi-billion-dollar businesses, leadership coach, motivational speaker and investor. There is a common thread that unites all of his pursuits — mindfulness.

"Being self-aware", Venkatesh says, "is the master key that enabled me to unlock my creativity and also navigate the world of business and markets."

As the author of AgniBaan and KaalKoot, Venkatesh already has two Amazon number one bestsellers under his belt.

Both are compelling thrillers, which combine nail biting suspense with deeply researched insights from history and science. KaalKoot has been optioned for screen adaptation.

As someone who has held leadership positions in many financial institutions across Asia, he uses his expertise to advise businesses of all sizes,

from startups to large conglomerates, on business strategy.

But ask him what is closest to his heart, and he talks about how mindfulness and inner growth can unlock creativity, business success and wealth.

Between eighty-hour workweeks, corporate mega-deals and extensive travel, Venkatesh struggled to find time for his writing passion.

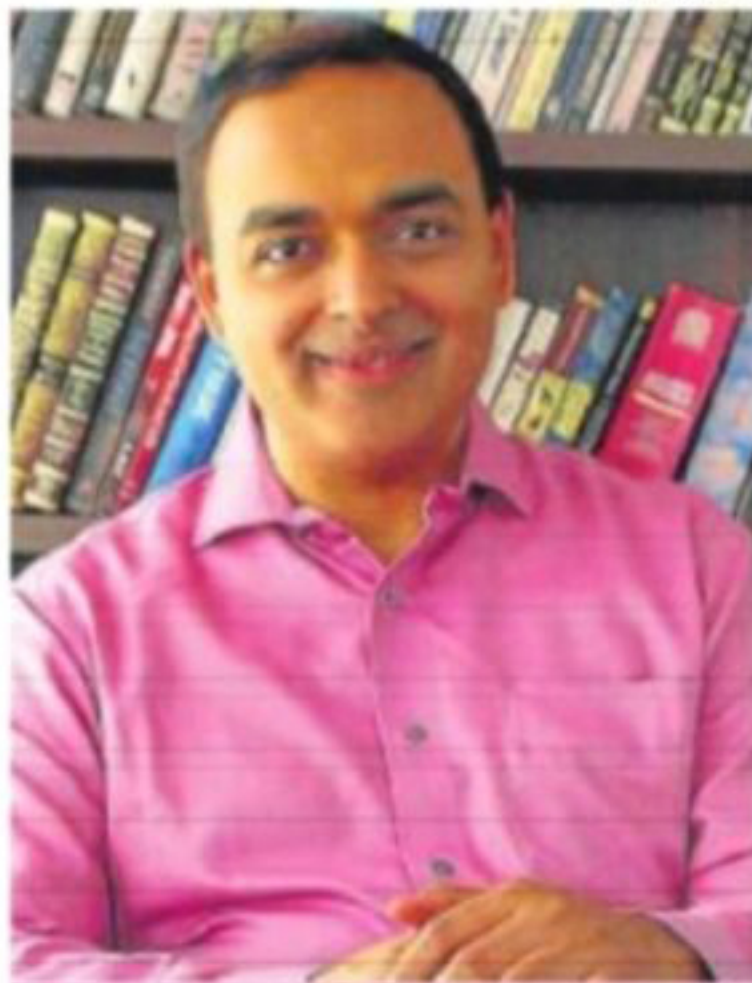
Creating the mind space for unlocking creativity was a voyage of self-discovery, and he credits this to his practice of mindfulness.

"People and businesses spend a lot of energy on external noise and distractions," he says.

"We don't pay enough attention to tuning into our inner compass. Mindfulness enables you to understand your DNA and see reality without biases. This is critical for both individuals and businesses," he adds.

After the release of his next book, a racy stock market thriller, he plans on sharing his insights on mindfulness and creativity, with the world.

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